

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

[Breakfast Egg Sandwich](#)

[Fresh Mixed Fruit](#)

# Breakfast Egg Sandwich

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22381
<b>School:</b>	CREEKSIDE ELEM SCHL		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 Ounce		149052
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	1 Each	Recommended to cook from frozen, but can be thawed in a single layer on a covered sheet pan, in a cooler for 24 hours.	635671

## Preparation Instructions

Cook egg at 250 until temperature reaches 135 degree. Assemble and serve.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	178.00		
<b>Fat</b>	9.60g		
<b>SaturatedFat</b>	2.30g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	124.00mg		
<b>Sodium</b>	249.00mg		
<b>Carbohydrates</b>	15.40g		
<b>Fiber</b>	0.80g		
<b>Sugar</b>	3.20g		
<b>Protein</b>	8.20g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	27.00mg	<b>Iron</b>	1.72mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

# Fresh Mixed Fruit

<b>Servings:</b>	4.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30479

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769
GRAPES RED SDLSS 18AVG MRKN	5 Piece		197831

## Preparation Instructions

Slice fruit on hand from above list and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.000

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	108.28
<b>Fat</b>	0.36g
<b>SaturatedFat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1.65mg
<b>Carbohydrates</b>	28.08g
<b>Fiber</b>	4.40g
<b>Sugar</b>	15.17g
<b>Protein</b>	1.29g
<b>Vitamin A</b> 165.91IU	<b>Vitamin C</b> 26.92mg
<b>Calcium</b> 30.07mg	<b>Iron</b> 0.32mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes