

# **Cookbook for CREEKSIDE ELEM SCHL**

**Created by HPS Menu Planner**

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# French Toast & Sausage Links (PK-4)

<b>Servings:</b>	1.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30910

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE TKY LNK BKFST CKD 160-1.025Z	2 Each	Fully cooked. Heat and serve. CONVECTION, COMBINATION, AND CONVENTIONAL OVEN METHODS: Position patties in a single layer about 1 apart on shallow baking pan sprayed with nonstick spray. Cook according to chart below AND until internal temperature reaches 140°F. as measured by a meat thermometer. CONVECTION OVEN METHOD: Frozen: 9 minutes @ 375 F COMBINATION OVEN METHOD: Frozen: 6 minutes @ 325 F CONVENTIONAL OVEN METHOD: Frozen: 13 minutes @ 400 F	352740
FRENCH TST STIX WGRAIN 300-.867Z PAP	3 Each	Bake from Frozen. Convection Oven: Preheat to 325F. Place a single layer of sticks on baking sheet. Bake 8 minutes. Conventional Oven: Preheat oven to 350F. Place in a single layer and bake for 12 minutes.	646222

## Preparation Instructions

Bake french toast sticks and turkey sausage according to instructions above.

To Serve:

Place 3 sticks and 2 links in a boat.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	3.00
<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 Serving

<b>Amount Per Serving</b>	
<b>Calories</b>	280.00
<b>Fat</b>	11.50g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	165.00mg
<b>Sodium</b>	450.00mg
<b>Carbohydrates</b>	23.00g
<b>Fiber</b>	2.00g

<b>Sugar</b>	8.00g		
<b>Protein</b>	20.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<b>Iron</b>	1.72mg

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

# Seasoned Green Beans

<b>Servings:</b>	48.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.75 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22633

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT MXD SV 6-10 GCHC	3 #10 CAN	1. Drain off approximately ½ of the liquid. Pour beans into full size steam table pans.	273856
BASE HAM NO ADDED MSG 12-1 GCHC	1 1/2 Teaspoon	2. Add ham base and dehydrated onions. Stir to dissolve the base.	686691
ONION DEHY CHPD 15 P/L	2 Tablespoon		263036

## Preparation Instructions

3. Steam for approx. 5 min.

CCP: Heat until a temperature of 140° is reached for 15 seconds.

CCP: Hold for hot service at 135° or higher.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.75
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 48.000

Serving Size: 0.75 Cup

#### Amount Per Serving

<b>Calories</b>	32.84		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	227.15mg		
<b>Carbohydrates</b>	6.59g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	3.24g		
<b>Protein</b>	1.63g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	48.70mg	<b>Iron</b>	0.65mg

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# Baked Cinnamon Apples

<b>Servings:</b>	48.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22676

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE SLCD W/P 6-10 GCHC	2 #10 CAN	1. Drain apples and put slices into steam table pans 2 cans per ½ pan.	117773
SPICE CINNAMON GRND 15Z TRDE	2 Tablespoon	2. Mix honey, pineapple juice and cinnamon.	224723
HONEY CLOVER 4-6 GCHC	1 1/2 Cup		225614
JUICE PINEAP 100 12-46FLZ HV	3 Cup	3. Pour equal parts of the juice mixture over each pan.	100676
MARGARINE &BTR BLND EURO UNSLTD 36-1	1/4 Pound	READY_TO_EAT Ready to use.	834071

## Preparation Instructions

Bake in a 350° oven until temperature reaches 140°, approx. 20 minutes.

CCP: Hold for hot service at 135° or higher.

Note: Can use frozen apples as well. Use 15 lbs of frozen apples instead of 2 #10 cans with same amount of other ingredients.

### 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: 48.000

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	108.68		
<b>Fat</b>	2.00g		
<b>SaturatedFat</b>	0.83g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	11.09mg		
<b>Carbohydrates</b>	23.37g		
<b>Fiber</b>	2.16g		
<b>Sugar</b>	19.89g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	11.38mg

**Calcium** 3.40mg **Iron** 0.00mg

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