

Cookbook for CORYDON ELEMENTARY

Created by HPS Menu Planner

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Egg and Cheese Breakfast Burrito

NO IMAGE

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34317
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TORTILLA WHLWHE 8 12-12CT LABAND	1 Each		202986
CHEESE AMER SHRD R/F 4-5 LOL	1 Ounce		861950
EGG SCRMBD CKD BTR 12-1.85 TBLRDY	1/4 Cup		481492

Preparation Instructions

1. Cook eggs according to package instructions.
 2. Portion 2oz cooked eggs and 1 oz shredded cheese onto tortilla shell.
 3. Wrap tortilla into burrito
 4. Wrap burrito in foil wrap and place on baking tray
 5. Place baking tray in cooler
 6. Reheat morning of service to 165. Serve hot.
- Feel free to add breakfast sausage, ham, turkey, etc. to provide variety to students.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	255.00
Fat	13.25g
SaturatedFat	4.75g
Trans Fat	0.00g
Cholesterol	162.50mg
Sodium	665.00mg
Carbohydrates	25.00g
Fiber	2.00g
Sugar	3.50g
Protein	11.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 188.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

2oz WG Cereal Bowl

NO IMAGE

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23746

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST CRNCH CUP 60-2Z GENM	0 container		105931
Cocoa Puffs 2 oz	0 Container		105850
CEREAL LUCKY CHARMS CUP 60-2Z GENM	0 Container		105840
CEREAL CHEERIOS HNYNUT CUP 60-2Z	0 Package		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	0		105357

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	212.00
Fat	3.30g
SaturatedFat	0.20g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	292.00mg
Carbohydrates	43.00g
Fiber	3.60g
Sugar	14.60g
Protein	3.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 122.00mg	Iron 5.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Blueberry Smoothie



Servings:	1.000	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34177

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	4 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	1/2 Cup		119873

Preparation Instructions

1. Blend equal parts frozen blueberries and vanilla yogurt
2. Portion in 1 cup servings
3. Hold at between 33-41F during service
4. Freeze below 31F to hold for future service

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Cup

Amount Per Serving

Calories	140.00
Fat	0.75g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	52.50mg
Carbohydrates	29.50g
Fiber	2.00g
Sugar	21.00g
Protein	4.00g
Vitamin A 500.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Whole Fruit

NO IMAGE

Servings:	0.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3971
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	0 Each		322326
APPLE GALA 100CT MRKN	0 Piece		197718
PEAR 95-110CT MRKN	0 Piece		198056
BANANA TURNING SNGL 150CT 40 P/L	0 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.506
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	77.81
Fat	0.18g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.13mg
Carbohydrates	20.50g
Fiber	3.51g
Sugar	12.88g
Protein	0.84g
Vitamin A 80.01IU	Vitamin C 14.41mg
Calcium 16.19mg	Iron 0.23mg

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Nutrition - Per 100g

No 100g Conversion Available

100% Juice Cup

NO IMAGE

Servings:	5.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3974
School:	CORYDON ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	1 Each		135470
JUICE ORNG/PINEAP 100% 72-4FLZ SNCUP	1 Each		119020

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	3.24mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	13.80g		
Protein	0.02g		
Vitamin A	0.00IU	Vitamin C	7.20mg
Calcium	9.99mg	Iron	0.22mg

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

Nutrition - Per 100g

No 100g Conversion Available