

# **Cookbook for CORYDON ELEMENTARY**

**Created by HPS Menu Planner**

# Table of Contents

**2oz WG Cereal Bowl**

**Whole Fruit**

**100% Juice Cup**

**Egg and Cheese Breakfast Biscuit**

**Fruit and Yogurt Parfait**

# 2oz WG Cereal Bowl

NO IMAGE

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.000     | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-23746 |

## Ingredients

| Description                             | Measurement | Prep Instructions | DistPart # |
|---|-------------|-------------------|------------|
| CEREAL CINN TST CRNCH CUP 60-2Z<br>GENM | 1 container |                   | 105931     |
| Cocoa Puffs 2 oz                        | 1 Container |                   | 105850     |
| CEREAL LUCKY CHARMS CUP 60-2Z<br>GENM   | 1 Container |                   | 105840     |
| CEREAL CHEERIOS HNYNUT CUP 60-2Z        | 1 Package   |                   | 105307     |
| CEREAL RICE CHEX CINN CUP 60-2Z<br>GENM | 1           |                   | 105357     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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

## Nutrition - Per 100g

No 100g Conversion Available

# Whole Fruit

NO IMAGE

|                      |                       |                       |         |
|----------------------|-----------------------|-----------------------|---------|
| <b>Servings:</b>     | 0.000                 | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each             | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast             | <b>Recipe ID:</b>     | R-3971  |
| <b>School:</b>       | CORYDON<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.506 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# 100% Juice Cup

NO IMAGE

|                      |                       |                       |         |
|----------------------|-----------------------|-----------------------|---------|
| <b>Servings:</b>     | 5.000                 | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each             | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast             | <b>Recipe ID:</b>     | R-3974  |
| <b>School:</b>       | CORYDON<br>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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available



# Egg and Cheese Breakfast Biscuit



|                      |                       |                       |                  |
|----------------------|-----------------------|-----------------------|------------------|
| <b>Servings:</b>     | 50.000                | <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-34542          |
| <b>School:</b>       | CORYDON<br>ELEMENTARY |                       |                  |

## Ingredients

| Description                                | Measurement | Prep Instructions  | DistPart # |
|--|-------------|--|------------|
| EGG PTY RND 3.5<br>300-1.25Z PAP           | 50 Each     |  | 741320     |
| CHEESE AMER<br>160CT SLCD R/F<br>R/SOD 6-5 | 50 Slice    |  | 189071     |
| DOUGH BISCUIT<br>WGRAIN 216-2.1Z<br>RICH   | 50 Each     | <p><b>BAKE</b></p> <p>1. KEEP PRODUCT FROZEN AT 0 F TO -10 F UNTIL READY TO USE.</p> <p>2. PAN FROZEN DOUGH ON PAPER LINED SHEET PAN. FULL SHEET PAN: INDIVIDUAL - 8 X 5; CLUSTERED - HONEYCOMB OF 51. HALF SHEET PAN: INDIVIDUAL - 5 X 4; CLUSTERED - HONEYCOMB OF 21. * LEAVE ABOUT 1</p> <p>4" SPACE BETWEEN THE BISCUITS WHEN CLUSTERED 3. BAKE UNTIL GOLDEN BROWN. CONVENTIONAL OVEN: 375 F - 12 TO 16 MINUTES. CONVECTION OVEN: 325 F - 8 TO 12 MINUTES FOR INDIVIDUAL PANNED AND 12 TO 16 MINUTES FOR CLUSTERED. BAKE TIMES WILL VARY DUE TO OVENS. ADJUST TIMES ACCORDINGLY.</p> | 237390     |

# Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.500 |
| <b>Grain</b>    | 1.500 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 267.70                  |
| <b>Fat</b>              | 13.40g                  |
| <b>SaturatedFat</b>     | 6.75g                   |
| <b>Trans Fat</b>        | 0.07g                   |
| <b>Cholesterol</b>      | 104.50mg                |
| <b>Sodium</b>           | 596.20mg                |
| <b>Carbohydrates</b>    | 25.00g                  |
| <b>Fiber</b>            | 2.60g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 10.40g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 144.08mg | <b>Iron</b> 1.18mg      |

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## Nutrition - Per 100g

No 100g Conversion Available

# Fruit and Yogurt Parfait



|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 1.000     | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-34181 |

## Ingredients

| Description                         | Measurement | Prep Instructions                                      | DistPart # |
|-------------------------------------|-------------|--|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL      | 4 Ounce     | READY_TO_EAT<br>Ready to use with pouch & serving tip. | 811500     |
| BLUEBERRY FREE-FLOW IQF 30 GCHC     | 1/4 Cup     |  | 119873     |
| STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY | 1/4 Cup     |  | 621420     |

## Preparation Instructions

1. Portion a HEAPING 1/2 cup of strawberries, blueberries, or a mixture of both into the bottom of a 9oz cup

2. Cover the fruit with 1/2 cup yogurt
3. Hold between 33-41F

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.000

Serving Size: 1.00 Each

### Amount Per Serving

|                           |                         |
|---------------------------|-------------------------|
| <b>Calories</b>           | 132.50                  |
| <b>Fat</b>                | 0.75g                   |
| <b>SaturatedFat</b>       | 0.50g                   |
| <b>Trans Fat</b>          | 0.00g                   |
| <b>Cholesterol</b>        | 2.50mg                  |
| <b>Sodium</b>             | 52.50mg                 |
| <b>Carbohydrates</b>      | 27.75g                  |
| <b>Fiber</b>              | 2.00g                   |
| <b>Sugar</b>              | 19.00g                  |
| <b>Protein</b>            | 4.00g                   |
| <b>Vitamin A</b> 500.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 100.00mg   | <b>Iron</b> 1.35mg      |

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## Nutrition - Per 100g

No 100g Conversion Available