

# **Cookbook for CORYDON ELEMENTARY**

**Created by HPS Menu Planner**

# Table of Contents

**2oz WG Cereal Bowl**

**Whole Fruit**

**100% Juice Cup**

**Cinnamon Roll w Eggs**

# 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 GENM	1 container		105931
Cocoa Puffs 2 oz	1 Container		105850
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Package		105307
CEREAL RICE CHEX CINN CUP 60-2Z 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 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

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

## 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 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

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

## Nutrition - Per 100g

No 100g Conversion Available



# Cinnamon Roll w Eggs



<b>Servings:</b>	120.000	<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-23807

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SUGAR POWDERED 6X 25 GCHC	15 Cup		108693
FLAVORING VANILLA IMIT 1- QT KE	2 Ounce		110736

Description	Measurement	Prep Instructions	DistPart #
DOUGH ROLL CINN LRG 120- 2.25Z RICH	120 Each	<p><b>BAKE</b></p> <p>1. KEEP DOUGH FROZEN AT 0 F OR BELOW UNTIL READY TO USE. 2. REMOVE FROZEN DOUGH PIECES AND PLACE 1" APART ON PARCHMENT PAPER LINED FULL SHEET PANS. GREASE PAN EDGES FOR CLUSTERED SOFT SIDED SWEET ROLLS. PLACE 2" APART FOR INDIVIDUAL ROLLS: FULL SHEET PAN PANNING CHART ----- OZ. INDIVIDUAL CLUSTERED ----- 2.25 OZ. 3 X 5 5 X 8 3. COVER THE INDIVIDUAL PANS WITH OILED PLASTIC OR COVER FULL PAN RACK WITH A PLASTIC PAN RACK COVER TO PREVENT PRODUCT FROM DRYING OUT. 4. PLACE PRODUCT IN RETARDER 40 F AND DEFROST OVERNIGHT OR AT ROOM TEMPERATURE 45 - 60 MINUTES. 5. OPTIONAL: REMOVE DOUGHS THAT HAVE BEEN IN THE RETARDER OVERNIGHT AND WARM TO ROOM TEMPERATURE 30 - 45 MINUTES. REMOVE PLASTIC COVER. 6. PLACE IN PROOFER (95 F - 110 F 85% HUMIDITY) AND PROOF UNTIL DOUBLE IN SIZE. 7. BAKE IN A PREHEATED OVEN UNTIL ROLLS ARE GOLDEN BROWN: 325 F CONVECTION OVEN 375 F ALL OTHER TYPES OF OVENS 8. REMOVE FROM OVEN AND BRUSH WITH RICH'S GLAZE 'N SHINE (PC 21784). 9. COOL SLIGHTLY AND ICE WITH RICH'S CREME CHEESE ICING (PC 20036) OR RICH'S WARM HEAT N ICE (PC 21952). 10. HOLD COOLED BAKED ROLLS COVERED AT ROOM TEMPERATURE TO PREVENT DRYING OUT. SERVE OR PACKAGE AND LABEL FOR SELLING.</p>	222127
EGG SCRMBD CKD BTR 12- 1.85 TBLRDY	30 Cup		481492

## Preparation Instructions

Day Before Service Prep:

1. Spray full sheet trays with pan spray.
2. Place frozen cinnamon rolls 2 inches apart on tray
3. Place trays on rack. Cover rack and place in cooler overnight.

Day of Service Prep:

1. Remove cinnamon rolls from cooler.
2. Place in proofer (95 F-110 F) at 85% humidity and proof until doubled in size.
3. BAKE in oven at 325 degrees until golden brown
4. While rolls bake, make glaze. See Below.
5. Remove rolls from oven and glaze.

Glaze Recipe (approx. 120 rolls)

1. Place powdered sugar in large bowl.
2. Add vanilla extract to hot water.
3. Slowly pour hot water and vanilla mixture into the powdered sugar while stirring with a wire whisk. Desired consistency: thick but fluid.
4. Drizzle over cinnamon rolls.

Serve 1 cinnamon roll

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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: 120.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	320.02		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	160.00mg		
<b>Sodium</b>	420.10mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	22.50g		
<b>Protein</b>	10.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	46.00mg	<b>Iron</b>	2.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available