

# **Cookbook for CORYDON ELEMENTARY**

**Created by HPS Menu Planner**

# Table of Contents

**Pancakes w SF Syrup**

**2oz WG Cereal Bowl**

**Whole Fruit**

**100% Juice Cup**

**Bacon**

**Blueberry Smoothie**

# Pancakes w SF Syrup



<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-15735

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	7 1/7 Package	<p><b>READY_TO_EAT</b>                      Heat &amp; Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269230

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	7 1/7 Package	<b>READY_TO_EAT</b> Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.	269220
PANCAKE MINI CONFET 72-3.03Z EGGO	7 1/7 Each	<b>BAKE</b> Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating <b>CONVENTIONAL OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes. <b>CONVECTION OVEN*:</b> 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes. *Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type. <b>MICROWAVE:</b> 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.	395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	7 1/7 Ounce		642230
SYRUP PANCK DIET CUP 100-1Z SMUCK	50 Each		666785
PANCAKE MINI WGRAIN .32Z 24- 45CT	64 2/7 Each		669440
PANCAKE BTRMLK WGRAIN 144-1.3Z BKCRFT	14 2/7 Each	<b>READY_TO_EAT</b> The day before serving: Remove product in full cases from the freezer and thaw for 2 hours at room temperature. After thawing, put in the refrigerator cooler until needed. DO NOT RE-FREEZE! Re-freezing will cause product to stick together. The day of serving: Remove product from refrigerator or cooler. Remove from packaging. Heat in a warmer or convection oven at 175 degrees for 5 minutes.	156101
PANCAKE MINI MAPL IW 72-3.03Z EGGO	7 1/7 Package		284831

## Preparation Instructions

Day Before Service Prep:

1. Assemble sandwich day before
2. Individually wrap
3. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F

\*Aunt Jemima Pancakes: 3 pancakes = 1 Grain

### 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: 50.000

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	197.86		
<b>Fat</b>	4.86g		
<b>SaturatedFat</b>	0.43g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.36mg		
<b>Sodium</b>	360.00mg		
<b>Carbohydrates</b>	36.43g		
<b>Fiber</b>	2.79g		
<b>Sugar</b>	9.64g		
<b>Protein</b>	3.71g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	35.71mg	<b>Iron</b>	1.50mg

\*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

<b>Servings:</b>	50.000	<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	10 container		105931
Cocoa Puffs 2 oz	10 Container		105850
CEREAL LUCKY CHARMS CUP 60-2Z GENM	10 Container		105840
CEREAL CHEERIOS HNYNUT CUP 60-2Z	10 Package		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	10		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: 50.000

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Whole Fruit

NO IMAGE

<b>Servings:</b>	50.000	<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	12 1/2 Each		322326
APPLE GALA 100CT MRKN	12 1/2 Piece		197718
PEAR 95-110CT MRKN	12 1/2 Piece		198056
BANANA TURNING SNGL 150CT 40 P/L	12 1/2 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: 50.000

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>	50.000	<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	10 Each		118930
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	10 Each		118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	10 Each		118940
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	10 Each		135470
JUICE ORNG/PINEAP 100% 72-4FLZ SNCUP	10 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: 50.000

Serving Size: 1.00 Each

### Amount Per Serving

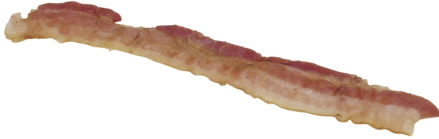
<b>Calories</b>	62.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.24mg		
<b>Carbohydrates</b>	14.60g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.80g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	7.20mg
<b>Calcium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

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## Nutrition - Per 100g

No 100g Conversion Available

# Bacon



<b>Servings:</b>	50.000	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 Slice	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-15611

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BACON CKD THN SLCD 3-100CT GFS	100 Slice		874124

## Preparation Instructions

1. Thaw
2. Can serve hot or cold

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<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: 50.000

Serving Size: 2.00 Slice

### Amount Per Serving

<b>Calories</b>	46.67		
<b>Fat</b>	3.80g		
<b>SaturatedFat</b>	1.40g		
<b>Trans Fat</b>	0.02g		
<b>Cholesterol</b>	6.67mg		
<b>Sodium</b>	167.07mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.87g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.12mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Blueberry Smoothie

NO IMAGE

<b>Servings:</b>	50.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34177

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	200 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
BLUEBERRY FREE-FLOW IQF 30 GCHC	25 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

<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: 50.000

Serving Size: 1.00 Cup

### Amount Per Serving

<b>Calories</b>	140.00
<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>	29.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.00g
<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> 0.90mg

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## Nutrition - Per 100g

No 100g Conversion Available