

# **Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

**Sausage Breakfast Burrito Scratch**

**Poptart**

**2oz WG Cereal Bowl**

**Whole Fruit**

# Sausage Breakfast Burrito Scratch



|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <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-31927          |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| SAUSAGE WHL HOG BULK TUBE 5-2 GCHC | 50 Ounce    |                   | 836753     |
| TORTILLA WHLWHE 10 12-12CT LABAND  | 50 Each     |                   | 456330     |
| EGG SCRMBD CKD BTR 12-1.85 TBLRDY  | 12 1/2 Cup  |                   | 481492     |

## Preparation Instructions

1. Cook eggs according to package instructions.
  2. Portion 2oz cooked eggs and 1 oz sausage 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.500 |
| <b>Grain</b>    | 2.500 |
| <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>         | 395.00                  |
| <b>Fat</b>              | 21.00g                  |
| <b>SaturatedFat</b>     | 6.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 170.00mg                |
| <b>Sodium</b>           | 735.00mg                |
| <b>Carbohydrates</b>    | 36.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 2.00g                   |
| <b>Protein</b>          | 17.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 37.00mg  | <b>Iron</b> 51.54mg     |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Poptart

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-30296 |

## Ingredients

| Description                          | Measurement    | Prep Instructions | DistPart # |
|--------------------------------------|----------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 72-2CT   | 12 1/2 Package |                   | 123081     |
| PASTRY POP-TART WGRAIN FUDG 72-2CT   | 12 1/2 Package |                   | 452082     |
| PASTRY POP-TART WGRAIN STRAWB 72-2CT | 12 1/2 Package |                   | 123031     |
| PASTRY POP-TART WGRAIN BLUEB 72-2CT  | 12 1/2 Package |                   | 865101     |

## 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>         | 355.75                  |
| <b>Fat</b>              | 5.63g                   |
| <b>SaturatedFat</b>     | 1.83g                   |
| <b>Trans Fat</b>        | 0.03g                   |
| <b>Cholesterol</b>      | 57.50mg                 |
| <b>Sodium</b>           | 305.00mg                |
| <b>Carbohydrates</b>    | 74.50g                  |
| <b>Fiber</b>            | 5.90g                   |
| <b>Sugar</b>            | 29.75g                  |
| <b>Protein</b>          | 4.58g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 230.00mg | <b>Iron</b> 3.60mg      |

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## 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<br>GENM | 10 container |                   | 105931     |
| Cocoa Puffs 2 oz                        | 10 Container |                   | 105850     |
| CEREAL LUCKY CHARMS CUP 60-2Z<br>GENM   | 10 Container |                   | 105840     |
| CEREAL CHEERIOS HNYNUT CUP 60-2Z        | 10 Package   |                   | 105307     |
| CEREAL RICE CHEX CINN CUP 60-2Z<br>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<br>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