

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

Table of Contents

Fruit Yogurt and Granola Parfait

Waffles w SF Syrup

2oz WG Cereal Bowl

Country Potatoes

Whole Fruit

Fruit Yogurt and Granola Parfait



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3967
School:	SOUTH CENTRAL JR/SR HIGH SCHOOL		

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
CEREAL GROLA CRNCHY CLUSTERS 4-50Z	200 Ounce		812821
BLUEBERRIES 12-1/2PT P/L	12 1/2 Cup		212555
STRAWBERRY 8 MRKN	12 1/2 Cup		212768

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.254
Fruit	0.028
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	280.98
Fat	2.69g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	121.01mg
Carbohydrates	59.69g
Fiber	4.41g
Sugar	30.98g
Protein	7.41g
Vitamin A 520.83IU	Vitamin C 7.76mg
Calcium 103.35mg	Iron 2.06mg

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

Nutrition - Per 100g

No 100g Conversion Available

Waffles w SF Syrup



Servings:	50.000	Category:	Entree
Serving Size:	0.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3917

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	10 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 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.	269260
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	10 Package	BAKE Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 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.	269240
WAFFLE MINI MAPL IW 72-2.65Z EGGO	10 Package		284811
WAFFLE MINI CINN IW 72-2.65Z EGGO	10 Package		284821
WAFFLE BEL WHLWHE 48-3.5 GINNYS	10 Each		243572
SYRUP PANCK DIET CUP 100-1Z SMUCK	50 Each		666785

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: 50.000

Serving Size: 0.00

Amount Per Serving

Calories	226.00
Fat	7.20g
SaturatedFat	2.20g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	264.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	12.60g
Protein	3.80g
Vitamin A 100.00IU	Vitamin C 0.00mg
Calcium 118.00mg	Iron 2.23mg

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Nutrition - Per 100g

No 100g Conversion Available

2oz WG Cereal Bowl

NO IMAGE

Servings:	50.000	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	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

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: 50.000

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

Country Potatoes



Servings:	50.000	Category:	Vegetable
Serving Size:	2.28 Ounce	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-15639

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN BKFST CUBES 6-6 PRVTRES	114 Ounce		744107

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 2.28 Ounce

Amount Per Serving

Calories	456.00		
Fat	11.40g		
SaturatedFat	2.28g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1185.60mg		
Carbohydrates	77.52g		
Fiber	9.12g		
Sugar	4.56g		
Protein	9.12g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	45.60mg	Iron	2.96mg

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Nutrition - Per 100g

Calories	705.48		
Fat	17.64g		
SaturatedFat	3.53g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1834.25mg		
Carbohydrates	119.93g		
Fiber	14.11g		
Sugar	7.05g		
Protein	14.11g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.55mg	Iron	4.59mg

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Whole Fruit

NO IMAGE

Servings:	50.000	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	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

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: 50.000

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