

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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French Toast Sticks w/ SF Syrup



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3037

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN 130-2.65Z	150 Each	BAKE convection oven 325 degrees F. 10-12 minutes thawed, 20-25 minutes frozen	548732
SYRUP PANCK DIET CUP 100-1Z SMUCK	50 Each		666785

Preparation Instructions

1. Thaw french toast sticks prior to cooking
2. Bake at 350 for 10 minutes
3. Serve 1 toast slice (3 sticks) with 1 syrup cup

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.500
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	180.00		
Fat	4.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	125.00mg		
Sodium	380.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	1.61mg

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

Nutrition - Per 100g

No 100g Conversion Available

Warm Breakfast Pastry



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34172

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	6 1/4 Package	<p>BAKE Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *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>	894291
CRESCENT CHOC FILLD IW 72-2.29Z PILLS	6 1/4 Each	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch Preheat oven to 350 degrees F Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes* For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving *Do not place pouches directly on oven rack or let pouches touch oven sides Bake times will vary by oven type of load Consumer within READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within</p>	321722
BAR BKFST CINN TST & CHS IW 72-2.36Z	6 1/4 Each		880415

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST COCOA FILLED IW 72-2.43Z	6 1/4 Each		880370
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	6 1/4 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838350
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	6 1/4 Each	BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes	838340
BAGEL MINI STRAWB CRM CHS IW 72-2.43Z	6 1/4 Each	READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.	401034
CRESCENT FILLD GRP 72-2.29Z PILLS	6 1/4 Each	READY_TO_EAT Heat & Serve: Heat frozen Crescent Rolls in ovenable pouch. Preheat oven to 350 degrees F. Place pouch flat on a baking sheet and heat in convection oven for 5-7 minutes* or conventional oven from 10-12 minutes*. For warming unit preheat to 150 degrees F and heat for 1 hour and 30 minutes. For thaw and serve, thaw at room temperature for 2 hours 15 minutes prior to serving. *Do not place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consumer within	321752

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	229.75
Fat	6.59g
SaturatedFat	1.39g
Trans Fat	0.05g
Cholesterol	31.50mg
Sodium	232.76mg
Carbohydrates	38.25g
Fiber	2.41g
Sugar	12.00g
Protein	4.99g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.02mg	Iron 1.73mg

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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

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

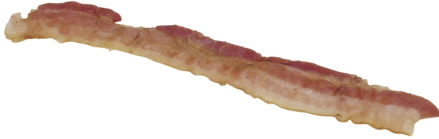
Calories	77.81		
Fat	0.18g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.13mg		
Carbohydrates	20.50g		
Fiber	3.51g		
Sugar	12.88g		
Protein	0.84g		
Vitamin A	80.01IU	Vitamin C	14.41mg
Calcium	16.19mg	Iron	0.23mg

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Nutrition - Per 100g

No 100g Conversion Available

Bacon



Servings:	50.000	Category:	Condiments or Other
Serving Size:	2.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.000
Grain	0.000
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: 2.00 Slice

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available