

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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Sausage Breakfast Burrito Scratch

Poptart

2oz WG Cereal Bowl

Whole Fruit

Sausage Breakfast Burrito Scratch



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

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

Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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

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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