

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

**Created by HPS Menu Planner**

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# Fruit Yogurt and Granola Parfait



<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-3967
<b>School:</b>	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

<b>Meat</b>	1.000
<b>Grain</b>	1.254
<b>Fruit</b>	0.028
<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>	280.98
<b>Fat</b>	2.69g
<b>SaturatedFat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	121.01mg
<b>Carbohydrates</b>	59.69g
<b>Fiber</b>	4.41g
<b>Sugar</b>	30.98g
<b>Protein</b>	7.41g
<b>Vitamin A</b> 520.83IU	<b>Vitamin C</b> 7.76mg
<b>Calcium</b> 103.35mg	<b>Iron</b> 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



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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	10 Package	<b>BAKE</b> 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	<b>BAKE</b> 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

<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: 0.00

### Amount Per Serving

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

\*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



# Country Potatoes



<b>Servings:</b>	50.000	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	2.28 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<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>	0.500

## Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 2.28 Ounce

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

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## Nutrition - Per 100g

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

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# 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