

Cookbook for SOUTH CENTRAL JR/SR HIGH SCHOOL

Created by HPS Menu Planner

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Pancakes with Breakfast Sausage



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-3923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP 200-1.5Z GCHC	50 Each		160090
PANCAKE WGRAIN 144CT 1.14Z KRUST	30 Each		617650
PANCAKE STRAWB WGRAIN IW 72-3.17Z	10 Package	<p>READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 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.</p>	269230
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	10 Package	<p>READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 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.</p>	269220

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	10 Each	<p>BAKE Keep Frozen Until Ready to Use Do Not Refreeze Thawed Product. Heat Before Eating</p> <p>CONVENTIONAL OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 14 - 15 minutes.</p> <p>CONVECTION OVEN*: 1. Preheat oven to 350°F. 2. Place frozen pouches, picture side up, in a single layer on baking sheet. 3. Heat for 9 - 10 minutes.</p> <p>*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.</p> <p>MICROWAVE: 1. Place 1 pouch, picture side up, on a microwave-safe dish. 2. Heat on HIGH for 45 seconds. Heated pancakes are hot. Children should be supervised. Pull pouch apart carefully to remove heated product.</p>	395303
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	10 Ounce		642230
SAUSAGE PTY STHRN 1.33Z 6-5 JTM	16 Each	<p>BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.</p>	785880
SAUSAGE PTY CKD IQF 2Z 12 GFS	16 Each		112630
SAUSAGE LNK SMOKEY CKD 16/ 4- 3 GFS	16 Each		720038

Preparation Instructions

Day Before Service Prep:

1. Assemble sandwich day before
2. Individually wrap
3. Arrange on trays to thaw overnight in cooler

Day of Service Prep:

1. Bake wrapped sandwich for 8-15 minutes or until internal temperature reaches 160F

*Aunt Jemima Pancakes: 3 pancakes = 1 Grain

Meal Components (SLE)

Amount Per Serving

Meat	0.840
Grain	1.130
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	457.32		
Fat	17.92g		
SaturatedFat	4.82g		
Trans Fat	0.00g		
Cholesterol	32.02mg		
Sodium	541.04mg		
Carbohydrates	66.00g		
Fiber	2.50g		
Sugar	28.78g		
Protein	9.08g		
Vitamin A	17.92IU	Vitamin C	0.00mg
Calcium	35.62mg	Iron	1.32mg

*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