

# **Cookbook for FRANKLIN COMMUNITY HIGH SCHOOL**

**Created by HPS Menu Planner**

# Table of Contents

**Breakfast Muffin & String Cheese**

**Yogurt Variety**

**Granola or Granola Bar Variety -1oz**

**HS Assorted Fruit**

# Breakfast Muffin & String Cheese

|                      |              |                       |         |
|----------------------|--------------|-----------------------|---------|
| <b>Servings:</b>     | 6.000        | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast    | <b>Recipe ID:</b>     | R-35472 |

## Ingredients

| Description                          | Measurement | Prep Instructions   | DistPart # |
|--------------------------------------|-------------|---|------------|
| CHEESE STRING MOZZ 168-1Z BONGARDS   | 6 Each      |   | 579050     |
| MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL  | 1 Each      | <p><b>MICROWAVE THAWING DIRECTIONS:</b><br/>Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p><b>MICROWAVE HEATING (1000 WATT HIGH POWER):</b><br/>Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p><b>THAW</b><br/>Store frozen until ready to use. Thaw overnight under refrigerations</p> | 262370     |
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA  | 1 Each      |   | 557970     |
| MUFFIN BANANA WGRAIN IW 48-2Z SL     | 1 Each      | <p><b>MICROWAVE THAWING DIRECTIONS:</b><br/>Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p><b>MICROWAVE HEATING (1000 WATT HIGH POWER):</b><br/>Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed.</p> <p><b>THAW</b><br/>Store frozen until ready to use. Thaw overnight under refrigeration.</p> | 262362     |
| MUFFIN BAN WGRAIN IW 72-2Z ARYZTA    | 1 Each      |   | 557981     |
| MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z | 1 Each      |   | 557991     |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL   | 1 Each      | <p><b>READY_TO_EAT</b><br/>Thaw and serve.</p>  | 262343     |

## Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <b>Grain</b>    | 1.000 |
| <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: 6.000

Serving Size: 1.00 Serving

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 270.00                  |
| <b>Fat</b>              | 12.50g                  |
| <b>SaturatedFat</b>     | 5.17g                   |
| <b>Trans Fat</b>        | 0.03g                   |
| <b>Cholesterol</b>      | 37.50mg                 |
| <b>Sodium</b>           | 323.33mg                |
| <b>Carbohydrates</b>    | 30.17g                  |
| <b>Fiber</b>            | 1.67g                   |
| <b>Sugar</b>            | 15.83g                  |
| <b>Protein</b>          | 9.67g                   |
| <b>Vitamin A</b> 2.40IU | <b>Vitamin C</b> 0.01mg |
| <b>Calcium</b> 218.50mg | <b>Iron</b> 1.00mg      |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Yogurt Variety

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.000     | <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-22432 |

## Ingredients

| Description                           | Measurement | Prep Instructions                           | DistPart # |
|---------------------------------------|-------------|---|------------|
| YOGURT CHERRY TRPL L/F 48-4Z TRIX     | 1 Each      | READY_TO_EAT<br>Ready to eat single serving | 186911     |
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each      | READY_TO_EAT<br>Ready to eat single serving | 551760     |
| YOGURT RASPB RNBW L/F 48-4Z TRIX      | 1 Each      | READY_TO_EAT<br>Ready to eat single serving | 551770     |
| YOGURT DANIMAL STRAWB BAN N/F 48-4Z   | 1 Each      | HEAT_AND_SERVE<br>HEAT_AND_SERVE            | 869921     |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN  | 1 Each      | READY_TO_EAT<br>READY_TO_EAT                | 885750     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <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>   | 0.000 |

## Nutrition Facts

Servings Per Recipe: 5.000

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 76.00                   |
| <b>Fat</b>              | 0.30g                   |
| <b>SaturatedFat</b>     | 0.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 3.00mg                  |
| <b>Sodium</b>           | 61.00mg                 |
| <b>Carbohydrates</b>    | 14.60g                  |
| <b>Fiber</b>            | 0.00g                   |
| <b>Sugar</b>            | 9.40g                   |
| <b>Protein</b>          | 4.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 124.00mg | <b>Iron</b> 0.00mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available

# Granola or Granola Bar Variety -1oz

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 7.000     | <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-35997 |

## Ingredients

| Description                           | Measurement | Prep Instructions  | DistPart # |
|---------------------------------------|-------------|--|------------|
| GRANOLA BAG IW 144-1Z FLDSTN          | 1 Package   | Can also order 'Awesome Granola' from Commercial Foods. #40058 | 649742     |
| BAR CEREAL COCOA RICE KRISPY 96-1.34Z | 1 Each      |  | 282431     |
| BAR CEREAL CINN TST WGRAIN 96-1.42Z   | 1 Each      | READY_TO_EAT<br>Ready to Eat                                   | 265891     |
| BAR CEREAL TRIX WGRAIN 96-1.42Z GENM  | 1 Each      | READY_TO_EAT<br>Ready to eat                                   | 268690     |
| BAR CEREAL COCOPUFF WGRAIN 96-1.42Z   | 1 Each      | READY_TO_EAT<br>Ready to Eat                                   | 265901     |
| BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN  | 1 Each      |  | 498170     |
| BAR GRANOLA OAT&HNY 6-18CT NATVLLY    | 1 Package   |  | 650330     |

## Preparation Instructions

This recipe shows the 7 different granola bar & granola packet varieties that can be offered.

The recipe nutrient information shows the average of 7 bars, so specific nutrient information should be obtained from the package wrapper.

To Serve: One packet of IW granola + one container of yogurt of choice. (See Yogurt Variety Recipe)

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 1.036 |
| <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: 7.000

Serving Size: 1.00 Each

### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 155.71                  |
| <b>Fat</b>              | 4.14g                   |
| <b>SaturatedFat</b>     | 0.43g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 118.57mg                |
| <b>Carbohydrates</b>    | 28.00g                  |
| <b>Fiber</b>            | 2.71g                   |
| <b>Sugar</b>            | 9.57g                   |
| <b>Protein</b>          | 2.43g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 137.14mg | <b>Iron</b> 1.39mg      |

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

## Nutrition - Per 100g

No 100g Conversion Available



# HS Assorted Fruit

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 9.000     | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup  | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-22425 |

## Ingredients

| Description                           | Measurement | Prep Instructions            | DistPart # |
|---------------------------------------|-------------|------------------------------|------------|
| APPLE DELIC GLDN 125-138CT MRKN       | 1 Each      |                              | 597481     |
| ORANGES NAVEL/VALENCIA FCY 138CT MRKN | 1 Each      |                              | 198021     |
| PEAR 95-110CT MRKN                    | 1 Each      |                              | 198056     |
| BANANA TURNING SNGL 150CT 40 P/L      | 1 Each      |                              | 197769     |
| PEAR DCD IN JCE 6-10 GCHC             | 1/2 Cup     |                              | 610364     |
| PINEAPPLE TIDBITS IN JCE 6-10 DOLE    | 1/2 Cup     | READY_TO_EAT<br>Ready to Eat | 509221     |
| ORANGES MAND BRKN L/S 6-10 GCHC       | 1/2 Cup     |                              | 152811     |
| PEACH DCD XL/S 6-10 GCHC              | 1/2 Cup     | READY_TO_EAT<br>ready to use | 268348     |

## 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>    | 1.416 |
| <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: 9.000

Serving Size: 0.50 Cup

### Amount Per Serving

|                          |                          |
|--------------------------|--------------------------|
| <b>Calories</b>          | 72.53                    |
| <b>Fat</b>               | 0.12g                    |
| <b>SaturatedFat</b>      | 0.02g                    |
| <b>Trans Fat</b>         | 0.00g                    |
| <b>Cholesterol</b>       | 0.00mg                   |
| <b>Sodium</b>            | 2.72mg                   |
| <b>Carbohydrates</b>     | 17.78g                   |
| <b>Fiber</b>             | 2.19g                    |
| <b>Sugar</b>             | 11.11g                   |
| <b>Protein</b>           | 0.72g                    |
| <b>Vitamin A</b> 62.07IU | <b>Vitamin C</b> 11.50mg |
| <b>Calcium</b> 15.73mg   | <b>Iron</b> 0.26mg       |

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

## Nutrition - Per 100g

No 100g Conversion Available