

Cookbook for Tippecanoe Valley High School

Created by HPS Menu Planner

Table of Contents

2.6 oz. Uncrustable + Juice

Muffin, Cheese Stick, & Juice

2 oz. Cereal + Juice

Lemon Crunch Bar + Juice

Mini Powdered Donuts + Juice

Yeast Donuts+ Juice

Cereal Pouch, Cheese Stick, & Juice

Waffle Snaps + Juice

Butterscotch Oatmeal Bar, String Cheese, & Juice

Oatmeal Round & Juice

Pop Tart, Cheese Stick, & Juice

Cinnamon Toast Crunch Bar, Cheese Stick, & Juice

2.6 oz. Uncrustable + Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37450
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
100% Fruit Juice	1 Each	READY_TO_DRINK	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	360.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	46.00g		
Fiber	4.00g		
Sugar	27.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin, Cheese Stick, & Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37453
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Muffin Variety	1 Serving		R-37414
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
100% Fruit Juice	1 Each	READY_TO_DRINK	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00
Fat	13.00g
SaturatedFat	5.33g
Trans Fat	0.07g
Cholesterol	30.00mg
Sodium	316.67mg
Carbohydrates	45.33g
Fiber	1.33g
Sugar	28.00g
Protein	8.33g
Vitamin A 4.80IU	Vitamin C 0.02mg
Calcium 205.01mg	Iron 0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

2 oz. Cereal + Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37454
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Fruit Juice	1 Each	READY_TO_DRINK	
Assorted Cereal (2 ounce)	1 Serving		R-37415

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	276.67
Fat	3.58g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	301.67mg
Carbohydrates	57.50g
Fiber	3.17g
Sugar	26.17g
Protein	3.33g
Vitamin A 83.33IU	Vitamin C 1.00mg
Calcium 118.33mg	Iron 7.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lemon Crunch Bar + Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37456
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR LEMON CHP CRNCH IW 120-2.25Z	1 Each	READY_TO_EAT HEATING INSTRUCTIONS: Product is fully baked and does not need to be heated to serve. Simply, thaw and serve. It can be warmed by holding in a warming cart if desired.	645202
100% Fruit Juice	1 Each	READY_TO_DRINK	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00		
Fat	8.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	160.00mg		
Carbohydrates	56.00g		
Fiber	2.00g		
Sugar	27.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Powdered Donuts + Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37457
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
100% Fruit Juice	1 Each	READY_TO_DRINK	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00		
Fat	11.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	55.00g		
Fiber	2.00g		
Sugar	31.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	27.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yeast Donuts+ Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37459
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT RING WGRAIN GLZ IW 80-2.5Z	1 Each		668181
100% Fruit Juice	1 Each	READY_TO_DRINK	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	11.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	43.00g
Fiber	2.00g
Sugar	18.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cereal Pouch, Cheese Stick, & Juice

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37460
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cinnamon Toasters Pouch	1 Each		36779
Honey Graham Toasters Pouch	1 Each		36777
Marshmallow Mateys Pouch	1 Each		36780
Honey Bunches of Oats Vanilla Pouch	1 Each		36785
CHEESE STRING MOZZ IW 168-1Z LOL	4 Each	READY_TO_EAT Ready to eat.	786580
100% Fruit Juice	4 Each	READY_TO_DRINK	

Preparation Instructions

Package together 1 cereal pouch, 1 cheese stick, and 1 juice for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	252.50
Fat	8.38g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	373.75mg
Carbohydrates	37.75g
Fiber	1.50g
Sugar	20.50g
Protein	7.75g
Vitamin A 0.00IU**	Vitamin C 0.00mg**
Calcium 285.50mg	Iron 3.58mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Waffle Snaps + Juice

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37461
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate Chip Waffle Snaps	1 Each		74200
Maple Waffle Snaps	1 Each		74100
100% Fruit Juice	2 Each	READY_TO_DRINK	

Preparation Instructions

Package 1 package waffle crisps and juice together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00		
Fat	7.00g		
SaturatedFat	1.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	180.00mg		
Carbohydrates	54.00g		
Fiber	3.00g		
Sugar	28.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.50mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Butterscotch Oatmeal Bar, String Cheese, & Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37462
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
100% Fruit Juice	1 Each	READY_TO_DRINK	
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	READY_TO_EAT Ready to serve and eat.	194041

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	290.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	305.00mg
Carbohydrates	41.00g
Fiber	2.00g
Sugar	22.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Round & Juice



Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37464
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST OATML BAN CHOC CHP 72-2Z	1 Each	HEAT_AND_SERVE Heat and serve, warm and serve in warming unit or thaw and serve. See the package for full instructions	806082
ROUND BKFST UBR 140-2.5Z RICH	1 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230
100% Fruit Juice	2 Each	READY_TO_DRINK	

Preparation Instructions

Package oatmeal round and juice together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	322.20		
Fat	9.20g		
SaturatedFat	3.00g		
Trans Fat	5.03g		
Cholesterol	8.50mg		
Sodium	220.65mg		
Carbohydrates	54.50g		
Fiber	5.25g		
Sugar	27.50g		
Protein	4.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.18mg	Iron	1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart, Cheese Stick, & Juice



NO IMAGE

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37465
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Each		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Each		695890
CHEESE STRING MOZZ IW 168-1Z LOL	3 Each	READY_TO_EAT Ready to eat.	786580
100% Fruit Juice	3 Each	READY_TO_DRINK	

Preparation Instructions

Package together 1 poptart, cheese, and juice for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	316.67
Fat	8.83g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	345.00mg
Carbohydrates	52.67g
Fiber	3.00g
Sugar	28.00g
Protein	8.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 318.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Bar, Cheese Stick, & Juice

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37466
School:	Tippecanoe Valley High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to Eat	265891
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each	READY_TO_EAT Ready to eat.	786580
100% Fruit Juice	1 Each	READY_TO_DRINK	

Preparation Instructions

Package together for grab & go breakfast. Must also be able to take an additional 1/2 cup fruit and milk.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	300.00
Fat	9.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	320.00mg
Carbohydrates	46.00g
Fiber	3.00g
Sugar	21.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available