

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Egg & Cheese Biscuit

| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Breakfast | Recipe ID: | R-33846 |
| School: | CREEKSIDE ELEM SCHL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--|-------------|--|------------|
| BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF | 1 Each | Use biscuit #237290 if this one is unavailable. | 126962 |
| Egg Patty | 2 Each | | 110931 |
| CHEESE AMER 160CT SLCD 6-5 COMM | 1 Slice | READY_TO_EAT Pre-sliced Use Cold or Melted | 150260 |

Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble egg patty onto a biscuit and top with 1 slice of cheese.

Bag or wrap sandwich and hold for hot service at 135F or higher.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 2.500 |
| 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: 1.000

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 365.00 |
| Fat | 22.50g |
| SaturatedFat | 9.50g |
| Trans Fat | 0.00g |
| Cholesterol | 262.50mg |
| Sodium | 765.00mg |
| Carbohydrates | 28.00g |
| Fiber | 2.00g |
| Sugar | 3.50g |
| Protein | 13.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 121.50mg | 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

Breakfast Muffin & String Cheese

| | | | |
|----------------------|--------------|-----------------------|---------|
| Servings: | 6.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | 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>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): 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>THAW 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>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours.</p> <p>MICROWAVE HEATING (1000 WATT HIGH POWER): 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>THAW 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>READY_TO_EAT 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

| | |
|-----------------|-------|
| Meat | 1.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 6.000

Serving Size: 1.00 Serving

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available