

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Chicken Biscuit Sandwich

Servings:	1.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	1 Each	*Order biscuit #237390 if this one is out of stock.*	126962

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Place sandwiches in well and cover with lid ; hold for service.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.250
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	265.00
Fat	10.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	535.00mg
Carbohydrates	31.00g
Fiber	3.50g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.00mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Berries & Cream Overnight Oat Parfait

Servings:	30.000	Category:	Entree
Serving Size:	12.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33418
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS OLD FASHIONED 12-42Z QUAK	3 Pound	Note: Do not substitute quick oats, as they become gummy within 1 hour of preparation	304096
1 % White Milk	2 Quart	2 quarts = 1/2 gallon	
HONEY 4-6 GCHC	1 Cup		225614
YOGURT VAN L/F 4-5 GCHC	64 Ounce		881161
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	3 Pound	READY_TO_EAT Ready to Eat	621420
BLUEBERRY 12-1PT P/L	3 Pound		451690

Preparation Instructions

One day before serving:

1. Combine milk and honey and whisk until smooth.
2. Add oats and mix well. Cover and refrigerate overnight until oats have absorbed the liquid.

CCP: Hold at 41F or lower.

3. Combine berries and keep refrigerated until ready to use.
4. Layer ingredients in a clear cup in the following order: #10 disher of oat mixture, #16 disher (1/4 c) vanilla yogurt, #8 disher (1/2 c) berries.

Use a 12 oz cup: #345285 cup with dome lid #323157 or flat lid #428680; or cup #556170 with flat lid #792210 or dome lid #803210.

CCP: Hold at 41F or lower.

5. Serve immediately.

Meal Components (SLE)

Amount Per Serving

Meat	0.500
Grain	1.500
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 12.00 Ounce

Amount Per Serving

Calories	299.71
Fat	4.36g
SaturatedFat	1.15g
Trans Fat	0.00g
Cholesterol	6.48mg
Sodium	58.26mg
Carbohydrates	59.35g
Fiber	6.28g
Sugar	25.96g
Protein	9.45g
Vitamin A 25.64IU	Vitamin C 4.64mg
Calcium 110.05mg	Iron 2.34mg

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Nutrition - Per 100g

Calories	88.10
Fat	1.28g
SaturatedFat	0.34g
Trans Fat	0.00g
Cholesterol	1.90mg
Sodium	17.13mg
Carbohydrates	17.45g
Fiber	1.85g
Sugar	7.63g
Protein	2.78g
Vitamin A 7.54IU	Vitamin C 1.36mg
Calcium 32.35mg	Iron 0.69mg

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