

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Yogurt & Granola

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|----------------------|-----------|-----------------------|---------|
| Servings: | 5.000 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31348 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|--|------------|
| YOGURT CHERRY TRPL L/F 48-4Z TRIX | 1 Each | Ready to eat single serving | 186911 |
| YOGURT STRAWB BAN BASH L/F 48-4Z TRIX | 1 Each | Ready to eat single serving | 551760 |
| YOGURT RASPB RNBW L/F 48-4Z TRIX | 1 Each | Ready to eat single serving | 551770 |
| YOGURT DANIMAL STRAWB BAN N/F 48-4Z | 1 Each | Ready to eat single serving | 869921 |
| YOGURT DANIMAL STRAWB N/F 48-4Z DANN | 1 Each | Ready to eat single serving | 885750 |
| GRANOLA BAG IW 144-1Z FLDSTN | 5 Package | Can also order 'Awesome Granola' from Commercial Foods. #40058 | 649742 |

Preparation Instructions

This recipe shows the 5 different yogurt varieties that can be offered (or ordered one flavor at time.)

The recipe nutrient information shows one serving of a packet of granola and a yogurt.

To Serve: One packet of IW granola + one container of yogurt of choice.

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: 5.000

Serving Size: 1.00 Each

Amount Per Serving

| | |
|-------------------------|-------------------------|
| Calories | 196.00 |
| Fat | 3.80g |
| SaturatedFat | 0.00g |
| Trans Fat | 0.00g |
| Cholesterol | 3.00mg |
| Sodium | 136.00mg |
| Carbohydrates | 34.60g |
| Fiber | 2.00g |
| Sugar | 15.40g |
| Protein | 7.00g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 124.00mg | Iron 0.72mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage Biscuit

| | | | |
|----------------------|--------------|-----------------------|------------------|
| Servings: | 1.000 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-34407 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|--|------------|
| SAUSAGE PTY STHRN 1.33Z 6-5 JTM | 1 Each | BAKE Place patties on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes. | 785880 |
| BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF | 1 Each | *Order biscuit #237390 if this one is out of stock.* | 126962 |

Preparation Instructions

1. Place sausage on a sheet pan and heat in convection oven at 350 degrees to 375 degrees F for approximately 7-8 minutes.

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 sandwiches and place in warmer well and cover with lid until time to serve.

CCP: Hold in well for hot service at 135F or higher.

Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00 Serving

Amount Per Serving

| | |
|--------------------------|-------------------------|
| Calories | 291.00 |
| Fat | 16.00g |
| SaturatedFat | 7.70g |
| Trans Fat | 0.00g |
| Cholesterol | 26.00mg |
| Sodium | 492.00mg |
| Carbohydrates | 26.00g |
| Fiber | 2.00g |
| Sugar | 3.00g |
| Protein | 10.00g |
| Vitamin A 56.00IU | Vitamin C 0.00mg |
| Calcium 56.00mg | 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