

# **Cookbook for NORTHWOOD ELEMENTARY**

**Created by HPS Menu Planner**

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# Orange Wedges

<b>Servings:</b>	1.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-22634

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Orange Choice 138ct	1 Each	Per USDA Buying Guide 138 Count Fresh Orange : 1 orange = about 1/2 cup	08139

## Preparation Instructions

1. Wash oranges.
2. Use sectionizer to cut oranges. 1 orange = 6 wedges.
3. Serve 6 wedges into a side dish container.

CCP: Hold for cold service at 41° or less.

Per USDA Buying Guide for 138 Count Fresh Oranges: 1 orange = about 1/2 cup fruit

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<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: 1.000

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	60.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	15.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	1.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Eggo Waffle Sandwich

<b>Servings:</b>	72.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-38987

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN 4 EGGOJI 12-12CT EGGO	144 Each		888284
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	72 Each		208990
CHEESE AMER 160CT SLCD 6-5 COMM	72 Slice		150260
SAUSAGE PTY CKD IQF 1Z 12 GFS	72 Each		112610

## Preparation Instructions

Gather all ingredients from the freezer.

Wash hands thoroughly and apply new pair of gloves.

On sheet pans, lay out egg patties, sausage patties, and waffles.

Bake each according to package directions.

Assemble sandwich on waffle sheet pan by topping each bottom waffle with 1 sausage patty, 1 egg patty, and 1 slice of cheese.

Add top waffle and place sandwich in paper bag (158992) or wrap in foil.

CCP: Serve immediately.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.750
<b>Grain</b>	2.000
<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: 72.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	390.00
<b>Fat</b>	24.50g
<b>SaturatedFat</b>	8.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	115.00mg
<b>Sodium</b>	825.00mg
<b>Carbohydrates</b>	31.50g
<b>Fiber</b>	2.00g
<b>Sugar</b>	6.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 1032.73IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 366.50mg	<b>Iron</b> 3.78mg

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

## Nutrition - Per 100g

No 100g Conversion Available