

Cookbook for Powder Mill School

Created by HPS Menu Planner

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French toast w/ Sausages

ASSORTED FRUIT CUPS

Fruit, Fresh Medley

Bagel & Cream Cheese

French toast w/ Sausages

NO IMAGE

Servings:	100.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43009

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST PLAIN 4.25 100-2.5Z PAP	100 Each		103852
SAUSAGE PTY CKD 1Z 10 JDF	100 Each	BAKE To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341

Preparation Instructions

No Preparation Instructions available.

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: 100.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00
Fat	14.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	110.00mg
Sodium	400.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	7.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.86mg

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

Nutrition - Per 100g

No 100g Conversion Available

ASSORTED FRUIT CUPS

NO IMAGE

Servings:	100.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27254
School:	Woodland Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	4/7 Each		655010
PEACH CUP 96-4.4Z COMM	4/7 Each		232470
APPLESAUCE CHERRY CUP 96-4.5Z ZZ	4/7 Each		726570
PEAR DCD CUP 72-4.5Z ZEE ZEES	4/7 Each		136752
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	2/7 Cup		731041
APPLESAUCE UNSWT 96-4.5Z COMM	4/7 Each	READY_TO_EAT Applesauce can be consumed right from the single- serve container, chilled or at room temperature.	527682
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	4/7 Each		136701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.080
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	2.74		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.29mg		
Carbohydrates	0.69g		
Fiber	0.04g		
Sugar	0.61g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.14mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Fruit, Fresh Medley



Servings:	100.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27261
School:	Southwick Regional School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	25 Each		597481
Banana Petite Yellow	25 Each		1035
ORANGE 113 - 138 CT 1/35 LB CS	25 Each		171871
100-150 CT PEAR ANY VARIETY 14P12	25 Each		266560

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.375
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	38.70		
Fat	0.18g		
SaturatedFat	0.03g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.33mg		
Carbohydrates	9.75g		
Fiber	1.90g		
Sugar	3.25g		
Protein	0.55g		
Vitamin A	120.78IU	Vitamin C	23.30mg
Calcium	19.92mg	Iron	0.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Bagel & Cream Cheese



Servings:	100.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43073
School:	Powder Mill School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW 72-2Z LENDER	100 Each		217911
CHEESE CREAM LT CUP 100-.75Z PHIL	100 Each		257745

Preparation Instructions

No Preparation Instructions available.

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: 100.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	185.00		
Fat	4.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	240.00mg		
Carbohydrates	29.00g		
Fiber	4.00g		
Sugar	6.00g		
Protein	8.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	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