

Cookbook for Sedalia Elementary School

Created by HPS Menu Planner

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Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11982
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA PEPP 5IN WGRAIN	1 Each	Thawing Instructions Cook from frozen. Basic Preparation Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. Cooking Guidelines: Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	605911

Preparation Instructions

Thawing Instructions

Cook from frozen.

Basic Preparation

Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. **Cooking Guidelines:** Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. **Note:** For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	310.00
Fat	13.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	510.00mg
Carbohydrates	31.00g
Fiber	3.00g
Sugar	8.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 240.00mg	Iron 2.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Personal Pan Mexican Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11983
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA MEX 6" WGRAIN 60-6Z ALPH SUPRM	1 Each	Thaw. Place pizza on parchment paper, bake 425 degrees for 7-9 minutes.	476993

Preparation Instructions

Thaw. Place pizza on parchment paper, bake 425 degrees for 7-9 minutes.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	385.00
Fat	18.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	700.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	3.00g
Protein	23.00g
Vitamin A 500.00IU	Vitamin C 4.80mg
Calcium 500.00mg	Iron 1.80mg

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Nutrition - Per 100g

No 100g Conversion Available

Personal Pan Cheese Pizza

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-11984
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA CHS 5IN WGRAIN	1 Each	Thawing Instructions Cook from frozen. Basic Preparation Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. Cooking Guidelines: Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. Note: For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	605922

Preparation Instructions

Thawing Instructions

Cook from frozen.

Basic Preparation

Place 15 pizzas in 18# x 26# lightly greased baking sheet. Convection oven times are based on full ovens. **Cooking Guidelines:** Cook before eating. Preheat oven. Product must be cooked from frozen state for best results. Convection Oven: 350 Degrees F for 15-17 minutes. Conventional Oven: 400 degrees F for 22-25 minutes. Rotate pans one half turn to prevent cheese from burning. **Note:** For food safety and quality, cook before eating to an internal temperature of 160 degrees F. Due to variances in oven regulators, and number of pizzas in an oven cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.

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

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

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.130
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	220.00
Fat	9.20g
SaturatedFat	4.30g
Trans Fat	0.00g
Cholesterol	21.00mg
Sodium	312.10mg
Carbohydrates	22.00g
Fiber	2.10g
Sugar	6.00g
Protein	11.30g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 198.60mg	Iron 1.50mg

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Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Rice Krispie Treat

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30667
School:	Sedalia Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TREAT RICE KRISPIE MINI WGRAIN	1 Each	READY_TO_EAT	565002

Preparation Instructions

READY_TO_EAT

CCP: Hold at 50°F -70°F

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	50.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	45.00mg
Carbohydrates	9.00g
Fiber	0.00g
Sugar	3.00g
Protein	0.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 0.00mg **Iron** 0.60mg

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Nutrition - Per 100g

No 100g Conversion Available