

# **Cookbook for Hobart High School**

**Created by HPS Menu Planner**

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# Whole Grain Biscuits & Gravy



<b>Servings:</b>	20.000	<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-8439

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN	20 Each	<b>BAKE</b> Place frozen biscuit dough on greased or parchment lined baking sheet. Rotate pan halfway through bake time. When panning a full sheet (6x9=54 biscuits), bake as follows: 375F for 32-36 minutes in a standard reel oven, 350F for 20-24 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven. When panning a half sheet (4x6=24 biscuits), bake as follows: 375F for 30-34 minutes in a standard reel oven, 350F for 17-21 minutes in a rack oven, and 325F for 19-23 minutes in a convection oven.	269200
GRAVY SAUS CNTRY	1 Quart 1 Cup (5 Cup)		464694

## Preparation Instructions

- Prepare BISCUITS as package indicates
- Prepare GRAVY, SAUSAGE as package indicates
- Hold each until service.
- Place 1 biscuit on the tray and ladle 1/4 cup of gravy over biscuit.
- CCP: Heat to 165 degrees F or higher for at least 15 seconds
- CCP: Hold for hot service at 135 degrees F or higher

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 20.000

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	300.00
<b>Fat</b>	16.00g
<b>SaturatedFat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	580.00mg
<b>Carbohydrates</b>	32.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	3.00g
<b>Protein</b>	7.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Breakfast Pizza

NO IMAGE

<b>Servings:</b>	20.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Piece	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-29768
<b>School:</b>	Summer Feeding		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PIZZA BKFST SAUS&GRVY WGRAIN 128-3Z	6 2/3 Each	BAKE	503640
PIZZA WGRAIN BKFST TKY SAUS	6 2/3 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in 18"x26"x1 2" prepared pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. Rotate pan ½ way through bake time. Refrigerate or discard any unused portion. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments.	160432
PIZZA BKFST EGGBCN WGRAIN	6 2/3 Each	BAKE COOKING INSTRUCTIONS. COOK BEFORE SERVING. FOR FOOD SAFETY AND QUALITY, COOK TO AN INTERNAL TEMPERATURE OF 165°F BEFORE SERVING. Place frozen pizzas in prepared 18"x26"x1 2" pans. CONVECTION OVEN: 350°F for 15 to 17 minutes. CONVENTIONAL OVEN: 425°F for 25 to 27 minutes. Rotate pan one half turn halfway through bake time to prevent cheese from burning. NOTE: Due to variances in oven regulators, cooking time and temperature may require adjustments. Refrigerate or discard any unused portion.	503660

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.500
<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: 20.000

Serving Size: 1.00 Piece

### Amount Per Serving

<b>Calories</b>	211.00
<b>Fat</b>	7.47g
<b>SaturatedFat</b>	2.53g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	28.67mg
<b>Sodium</b>	330.13mg
<b>Carbohydrates</b>	25.33g
<b>Fiber</b>	2.73g
<b>Sugar</b>	5.33g
<b>Protein</b>	9.87g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 159.20mg	<b>Iron</b> 1.80mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Whole Grain Breakfast Bar

NO IMAGE

<b>Servings:</b>	3.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Bar	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28740
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST OATML CHOC CHP	1 Each		240721

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 3.000

Serving Size: 1.00 Bar

### Amount Per Serving

<b>Calories</b>	280.00
<b>Fat</b>	8.33g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	216.67mg
<b>Carbohydrates</b>	47.00g
<b>Fiber</b>	3.33g
<b>Sugar</b>	21.67g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.67mg	<b>Iron</b> 1.90mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Whole Grain Cereal Bowl (Secondary)

NO IMAGE

<b>Servings:</b>	4.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42170
<b>School:</b>	Hobart Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S CUP 2Z 60CT	1 Each		383189
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container	READY_TO_EAT Ready to eat	105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<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: 4.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	225.00
<b>Fat</b>	3.25g
<b>SaturatedFat</b>	0.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	302.50mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	3.75g
<b>Sugar</b>	14.50g
<b>Protein</b>	3.25g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 122.50mg	<b>Iron</b> 3.75mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Chilled Fruit

NO IMAGE

<b>Servings:</b>	85.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7956
<b>School:</b>	Joan Martin Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRUIT COCKTAIL DCD XL/S	1 Quart 1 Pint 1/14 Cup (6 1/14 Cup)		258362
ORANGES MAND WHL L/S	1 Quart 1 Pint 1/14 Cup (6 1/14 Cup)		117897
PEACH DCD IN JCE	1 Quart 1 Pint 1/14 Cup (6 1/14 Cup)		610372
PEACH SLCD XL/S	1 Quart 1 Pint 1/14 Cup (6 1/14 Cup)		256770
PEAR DCD IN JCE	1 Quart 1 Pint 1/14 Cup (6 1/14 Cup)		610364
PEAR SLCD XL/S	1 Quart 1 Pint 1/14 Cup (6 1/14 Cup)		262706
PINEAPPLE TIDBITS IN WTR	1 Quart 1 Pint 1/14 Cup (6 1/14 Cup)	READY_TO_EAT	612464

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.482
<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: 85.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	62.11		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	3.57mg		
<b>Carbohydrates</b>	14.88g		
<b>Fiber</b>	0.96g		
<b>Sugar</b>	11.21g		
<b>Protein</b>	0.36g		
<b>Vitamin A</b>	83.80IU	<b>Vitamin C</b>	1.04mg
<b>Calcium</b>	8.58mg	<b>Iron</b>	0.29mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Fresh Fruit

NO IMAGE

<b>Servings:</b>	85.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-7953

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	3 13/15 Each		597481
APPLE DELICIOUS RED	3 13/15 Each		256662
APPLE GALA	3 13/15 Each		569392
BANANA TURNING	7 8/11 Each		200999
GRAPES RED	1 Pint 1 13/15 Cup (3 13/15 Cup)		280895
KIWI	7 8/11 Each		287008
MELON MUSK CANTALOUPE	1 Pint 1 13/15 Cup (3 13/15 Cup)		200565
ORANGES NAVEL/VALENCIA FCY	7 8/11 Each		198021
PEAR	7 8/11 Each		198056
STRAWBERRY	1 Pint 1 13/15 Cup (3 13/15 Cup)		212768
WATERMELON RED SDLSS	1 Pint 1 13/15 Cup (3 13/15 Cup)		326089

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.214
<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: 85.000

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	140.35
<b>Fat</b>	0.30g
<b>SaturatedFat</b>	0.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	2.34mg
<b>Carbohydrates</b>	37.66g
<b>Fiber</b>	6.55g
<b>Sugar</b>	24.37g
<b>Protein</b>	1.37g
<b>Vitamin A</b> 145.07IU	<b>Vitamin C</b> 44.46mg
<b>Calcium</b> 26.81mg	<b>Iron</b> 0.44mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Whole Grain Muffin



<b>Servings:</b>	3.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11475

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN APPL CINN WGRAIN IW	1 Each		558011

## Preparation Instructions

Thaw and serve

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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: 3.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	186.67		
<b>Fat</b>	6.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	35.00mg		
<b>Sodium</b>	128.33mg		
<b>Carbohydrates</b>	30.67g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	16.33g		
<b>Protein</b>	3.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	0.84mg

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## Nutrition - Per 100g

No 100g Conversion Available



# Fruit Smoothie



<b>Servings:</b>	50.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Smoothie	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9951

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F	1 Gallon 2 Quart 1 Cup (25 Cup)		541966
STRAWBERRY DCD 1/2IN IQF	1 Gallon 2 Quart 1 Cup (25 Cup)		621420
Fat Free Milk	1 Gallon 2 Quart 1 Cup (25 Cup)		22

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.333
<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: 50.000

Serving Size: 1.00 Smoothie

### Amount Per Serving

<b>Calories</b>	165.00
<b>Fat</b>	1.67g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	9.17mg
<b>Sodium</b>	130.00mg
<b>Carbohydrates</b>	29.17g
<b>Fiber</b>	1.50g
<b>Sugar</b>	24.50g
<b>Protein</b>	9.17g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 193.33mg	<b>Iron</b> 0.90mg

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## Nutrition - Per 100g

No 100g Conversion Available