

Cookbook for Hobart High School

Created by HPS Menu Planner

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Whole Grain Biscuits & Gravy



Servings:	20.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-8439

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DOUGH BISC WGRAIN	20 Each	BAKE 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

Meat	0.000
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: 20.000

Serving Size: 1.00 Serving

Amount Per Serving

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

Servings:	20.000	Category:	Entree
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29768
School:	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

Meat	1.000
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Piece

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Breakfast Bar

NO IMAGE

Servings:	3.000	Category:	Entree
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28740
School:	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

Meat	0.000
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: 3.000

Serving Size: 1.00 Bar

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Cereal Bowl (Secondary)

NO IMAGE

Servings:	4.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-42170
School:	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

Meat	0.000
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: 4.000

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Variety of Chilled Fruit

NO IMAGE

Servings:	85.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7956
School:	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

Meat	0.000
Grain	0.000
Fruit	0.482
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 85.000

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

NO IMAGE

Servings:	85.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.000
Grain	0.000
Fruit	1.214
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 85.000

Serving Size: 0.50 Cup

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

Whole Grain Muffin



Servings:	3.000	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	0.000
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: 3.000

Serving Size: 1.00 Each

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Smoothie



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Smoothie	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

Meat	1.333
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 1.00 Smoothie

Amount Per Serving

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

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

Nutrition - Per 100g

No 100g Conversion Available