

# **Cookbook for Spring Grove Elementary**

**Created by HPS Menu Planner**

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# PEACHES



<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43323

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Peaches, Diced, Extra Light Syrup, Canned	4 Ounce	READY_TO_EAT shelf stable; ready to eat	100220

## 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>	0.500
<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: 1.00

Serving Size: 4.00

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>	14.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	13.00g		
<b>Protein</b>	0.00g		
<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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# CHICKEN NUGGETS



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	5.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43281

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX CHNK BRD HMSTYL FC WGRAIN	1 Each	<b>BAKE</b> Cook from frozen. Times may vary due to make and manufacturer of equipment used. <b>Conventional Oven</b> 1. Preheat oven to 375°F. 2. Heat frozen product for 20-25 minutes or until internal temperature reaches 165°F. <b>CONVECTION</b> Cook from frozen. Times may vary due to make and manufacturer of equipment used. <b>Convection Oven</b> 1. Preheat oven to 350°F. 2. Heat frozen product for 10-15 minutes or until internal temperature reaches 165°F. <b>MICROWAVE</b> Cook from frozen. Times may vary due to make and manufacturer of equipment used. <b>Microwave</b> 1. Heat frozen product on HIGH power for 1:30-2:00 minutes or until internal temperature reaches 165°F. Due to differences in appliances, times may vary.	847960

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	1.250
<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: 1.00

Serving Size: 5.00

### Amount Per Serving

<b>Calories</b>	40.00		
<b>Fat</b>	2.25g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	5.00mg		
<b>Sodium</b>	107.50mg		
<b>Carbohydrates</b>	2.75g		
<b>Fiber</b>	0.50g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.00mg	<b>Iron</b>	0.36mg

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## Nutrition - Per 100g

No 100g Conversion Available

# FRENCH TOAST STICKS

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-42727

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX CINN WGRAIN	0.01 Each		669431

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.003
<b>Grain</b>	0.003
<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: 1.00

Serving Size: 4.00

Amount Per Serving			
<b>Calories</b>	0.70		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.35mg		
<b>Sodium</b>	0.97mg		
<b>Carbohydrates</b>	0.09g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.03g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.20mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# WAFFLES



<b>Servings:</b>	72.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43279

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE WGRAIN	2 Each	<p>READY_TO_EAT</p> <p>Convection Oven: Pre-heat to 350F. Remove waffles from the bag. Place frozen waffles in a single layer on an ungreased baking sheet. Bake 5-7 minutes and check (bake until lightly toasted, do not over bake) Leave uncovered in warmer for no more than 15-20 minutes before serving.</p> <p>For food safety and quality, product is fully cooked when it reaches an internal temperature of 165F.</p>	138652

## 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: 72.00

Serving Size: 2.00

### Amount Per Serving

<b>Calories</b>	2.50		
<b>Fat</b>	0.08g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.14mg		
<b>Sodium</b>	3.75mg		
<b>Carbohydrates</b>	0.39g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.06g		
<b>Protein</b>	0.06g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.33mg	<b>Iron</b>	0.03mg

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## Nutrition - Per 100g

No 100g Conversion Available