

Cookbook for Sand Creek Elementary

Created by HPS Menu Planner

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Griddlecake

UBER

Sliced Apples

Griddlecake

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Servings:	50.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44771

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE WGRAIN	100 Each		353705
SAUSAGE PTY TKY CKD 1Z	50 Each		184970

Preparation Instructions

Pancake:

To heat thawed pancakes, place sealed pans in a 350 degrees F oven on low fan speed for 3 minutes.

To heat frozen pancakes, place frozen pancakes on a sheet pan in a single layer and tightly seal the pan with foil, then bake at 350 degrees F for 6 minutes.

Sausage:

Heat and serve. Ready to eat.

Thaw under refrigeration or prepare from frozen state.

Serve 2 pancakes & 1 sausage patty assembled as a sandwich.

Serve one assembled sandwich each.

CCP: FINAL INTERNAL COOKING TEMPERATURE MUST REACH A MINIMUM OF 165 DEGREES F, HELD FOR 15 SECONDS.

CCP: HOT FOOD HELD FOR LATER SERVICE MUST MAINTAIN A MINIMUM INTERNAL TEMPERATURE OF 135 DEGREES F.

Food Component Equivalents: 1 oz. Meat/Meat Alternate & 1.75 oz. Grain/Bread

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.750
Fruit	0.000
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 Serving

Amount Per Serving

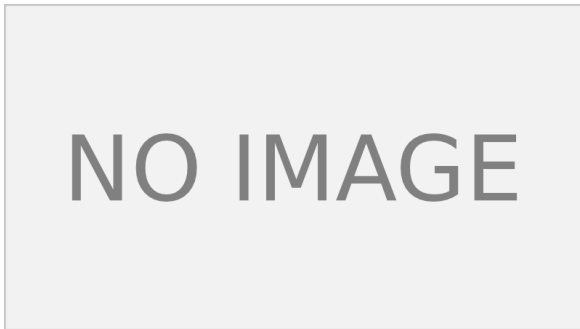
Calories	200.00		
Fat	6.00g		
SaturatedFat	1.33g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	456.67mg		
Carbohydrates	27.33g		
Fiber	3.33g		
Sugar	5.33g		
Protein	9.33g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.33mg	Iron	1.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

UBER



Servings:	50.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41462

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROUND BKFST UBR	50 Each	BAKE HANDLING INSTRUCTIONS: 1. KEEP FROZEN AT 0°F (-18°C) UNTIL READY TO USE. DO NOT CONSUME RAW DOUGH. USE SAFE FOOD HANDLING PROCEDURES. 2. PAN FROZEN DOUGH 3 X 4 ON LINED SHEET PAN. 3. BAKE FROZEN DOUGH UNTIL EDGES ARE GOLDEN BROWN: FOR BEST RESULTS: BAKE IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 12 - 14 MINUTES. CAN ALSO BE BAKED IN CONVECTION OVEN AT 350°F (175°C), 10 - 12 MINUTES, RACK OVEN AT 350°F (175°C), 10 - 12 MINUTES OR CONVENTIONAL OVEN AT 350°F (175°C) (MIDDLE RACK), FOR 14 - 16 MINUTES. FOR SQUARE SHAPED PRODUCT: PAN FROZEN DOUGH 6 X 8 ON LINED SHEET PAN. BAKE FROZEN DOUGH IN CONVECTION OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES OR RACK OVEN AT 300°F (150°C), FOR APPROXIMATELY 20 - 22 MINUTES. 4. REMOVE FROM OVEN AND COOL ON SHEET PAN.	794230

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: 50.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	244.40		
Fat	6.40g		
SaturatedFat	2.00g		
Trans Fat	0.05g		
Cholesterol	7.00mg		
Sodium	201.30mg		
Carbohydrates	42.00g		
Fiber	6.50g		
Sugar	16.00g		
Protein	4.80g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	30.36mg	Iron	1.54mg

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Nutrition - Per 100g

No 100g Conversion Available

Sliced Apples



Servings:	10.000	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40522
School:	Hamilton Southeastern High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD	10 Package	BAKE READY_TO_EAT	473171

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 10.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available