

# **Cookbook for Hebron High School**

**Created by HPS Menu Planner**

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# Assorted Variety of Muffins

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 3.00      | <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-49262 |

## Ingredients

| Description                | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|-------------------|------------|
| MUFFIN BLUEBERRY WGRAIN IW | 1 Each      | N/A               | 262370     |
| MUFFIN BANANA WGRAIN IW    | 1 Each      | N/A               | 262362     |
| MUFFIN DBL CHOC WGRAIN IW  | 1 Each      | N/A               | 262343     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 3.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 190.00   |                  |        |
| <b>Fat</b>           | 7.00g    |                  |        |
| <b>SaturatedFat</b>  | 1.33g    |                  |        |
| <b>Trans Fat</b>     | 0.07g    |                  |        |
| <b>Cholesterol</b>   | 10.00mg  |                  |        |
| <b>Sodium</b>        | 116.67mg |                  |        |
| <b>Carbohydrates</b> | 29.33g   |                  |        |
| <b>Fiber</b>         | 1.33g    |                  |        |
| <b>Sugar</b>         | 15.00g   |                  |        |
| <b>Protein</b>       | 2.33g    |                  |        |
| <b>Vitamin A</b>     | 4.80IU   | <b>Vitamin C</b> | 0.02mg |
| <b>Calcium</b>       | 7.01mg   | <b>Iron</b>      | 0.95mg |

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

### Nutrition - Per 100g

No 100g Conversion Available

# Variety of Assorted Cereal

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 14.00     | <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-49252 |

## Ingredients

| Description                    | Measurement | Prep Instructions            | DistPart # |
|--------------------------------|-------------|------------------------------|------------|
| CEREAL LUCKY CHARMS WGRAIN BWL | 1 Each      | N/A                          | 265811     |
| CEREAL GLDN GRAHAMS BWL        | 1 Each      | N/A                          | 509434     |
| CEREAL TRIX R/S WGRAIN BWL     | 1 Package   | N/A                          | 265782     |
| CEREAL FRSTD MINI WHE BWL      | 1 Each      |                              | 662186     |
| CEREAL APPLCINN WGRAIN BWL     | 1 Each      | N/A                          | 266052     |
| CEREAL CINN TOAST R/S BWL      | 1 Each      | N/A                          | 365790     |
| CEREAL CHEERIOS WGRAIN BWL     | 1 Each      | READY_TO_EAT<br>Ready to eat | 264702     |
| CEREAL RAISIN BRAN BWL         | 1 Each      |                              | 247197     |
| CEREAL CHEERIOS HNYNUT BWL     | 1 Each      | READY_TO_EAT<br>Ready to eat | 509396     |
| CEREAL COCOA PUFFS WGRAIN R/S  | 1 Each      | N/A                          | 270401     |
| CEREAL APPLE JACKS R/S BWL     | 1 Each      |                              | 283611     |
| CEREAL FROOT LOOPS R/S BWL     | 1 Each      |                              | 283620     |
| CEREAL RICE CHEX WGRAIN BWL    | 1 Package   | N/A                          | 268711     |
| CEREAL RICE CHEX BLUEB BOWL    | 1 Each      | N/A                          | 261737     |

## Preparation Instructions

No Preparation Instructions available.

## 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: 14.00

Serving Size: 1.00 Each

### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 108.19   |                  |        |
| <b>Fat</b>           | 1.28g    |                  |        |
| <b>SaturatedFat</b>  | 0.02g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 148.08mg |                  |        |
| <b>Carbohydrates</b> | 23.71g   |                  |        |
| <b>Fiber</b>         | 2.18g    |                  |        |
| <b>Sugar</b>         | 7.00g    |                  |        |
| <b>Protein</b>       | 1.98g    |                  |        |
| <b>Vitamin A</b>     | 130.07IU | <b>Vitamin C</b> | 1.90mg |
| <b>Calcium</b>       | 77.87mg  | <b>Iron</b>      | 5.88mg |

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## Nutrition - Per 100g

No 100g Conversion Available

# Pop-Tart Variety (2 count)

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 4.00      | <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-49256 |

## Ingredients

| Description                   | Measurement | Prep Instructions      | DistPart # |
|-------------------------------|-------------|------------------------|------------|
| PASTRY POP-TART WGRAIN STRAWB | 1 Package   | 2.25 Grain Equivalents | 123031     |
| PASTRY POP-TART WGRAIN CINN   | 1 Package   | 2.50 Grain Equivalents | 123081     |
| PASTRY POP-TART WGRAIN FUDG   | 1 Package   | 2.50 Grain Equivalents | 452082     |
| PASTRY POP-TART WGRAIN BLUEB  | 1 Package   | 2.25 Grain Equivalents | 865101     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.250 |
| <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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 355.75                  |
| <b>Fat</b>              | 5.63g                   |
| <b>SaturatedFat</b>     | 1.83g                   |
| <b>Trans Fat</b>        | 0.03g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 305.00mg                |
| <b>Carbohydrates</b>    | 74.50g                  |
| <b>Fiber</b>            | 5.90g                   |
| <b>Sugar</b>            | 29.75g                  |
| <b>Protein</b>          | 4.58g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 230.00mg | <b>Iron</b> 3.60mg      |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal Bar Variety

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 5.00      | <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-49258 |

## Ingredients

| Description                  | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| BAR CEREAL CHEERIO WGRAIN IW | 1 Each      | N/A               | 265931     |
| BAR CEREAL GLDN GRHM WGRAIN  | 1 Each      | N/A               | 265921     |
| BAR CEREAL CINN TST WGRAIN   | 1 Each      | N/A               | 265891     |
| BAR CEREAL TRIX WGRAIN       | 1 Each      | N/A               | 268690     |
| BAR CEREAL COCOPUFF WGRAIN   | 1 Each      | N/A               | 265901     |

## Preparation Instructions

No Preparation Instructions available.

### 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: 5.00

Serving Size: 1.00 Each

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 158.00   |                  |        |
| <b>Fat</b>           | 3.50g    |                  |        |
| <b>SaturatedFat</b>  | 0.20g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 108.00mg |                  |        |
| <b>Carbohydrates</b> | 29.60g   |                  |        |
| <b>Fiber</b>         | 3.00g    |                  |        |
| <b>Sugar</b>         | 8.80g    |                  |        |
| <b>Protein</b>       | 2.20g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 238.00mg | <b>Iron</b>      | 2.12mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Variety of Juice

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 3.00      | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-49255 |

## Ingredients

| Description         | Measurement | Prep Instructions | DistPart # |
|---------------------|-------------|-------------------|------------|
| JUICE ORNG 100 FRSH | 1 Each      |                   | 118930     |
| JUICE APPL 100 FZ   | 1 Each      |                   | 135440     |
| JUICE GRP 100 FRSH  | 1 Each      |                   | 118940     |

## 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: 3.00

Serving Size: 1.00 Each

| Amount Per Serving      |                          |
|-------------------------|--------------------------|
| <b>Calories</b>         | 63.33                    |
| <b>Fat</b>              | 0.00g                    |
| <b>SaturatedFat</b>     | 0.00g                    |
| <b>Trans Fat</b>        | 0.00g                    |
| <b>Cholesterol</b>      | 0.00mg                   |
| <b>Sodium</b>           | 3.33mg                   |
| <b>Carbohydrates</b>    | 15.00g                   |
| <b>Fiber</b>            | 0.00g                    |
| <b>Sugar</b>            | 14.00g                   |
| <b>Protein</b>          | 0.00g                    |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 20.00mg |
| <b>Calcium</b> 7.07mg   | <b>Iron</b> 0.33mg       |

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### Nutrition - Per 100g

No 100g Conversion Available

# Egg & Cheese Bagel Sandwich

|                      |           |                       |                   |
|----------------------|-----------|-----------------------|-------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-49263           |

## Ingredients

| Description                                    | Measurement | Prep Instructions                          | DistPart # |
|--|-------------|--|------------|
| EGG SCRMBD PTY RND GRLLD                       | 1 Each      |  | 208990     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1 Slice     | USDA Brown Box Commodity or Use GFS#499789 | 100036     |
| BAGEL WHT WGRAIN 2Z                            | 1 Each      |  | 230264     |

## Preparation Instructions

Bagel: Thaw the day or two before. May place in warmer morning of to warm bagel up

Egg Patty: Cook according to directions on case

Assembly: Place 1 egg patty and 1 slice between bagel halves. Hold in warmer/hot unit until ready for service.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.250 |
| <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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 235.00   |                  |        |
| <b>Fat</b>           | 7.50g    |                  |        |
| <b>SaturatedFat</b>  | 2.50g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 82.50mg  |                  |        |
| <b>Sodium</b>        | 390.00mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 4.00g    |                  |        |
| <b>Sugar</b>         | 5.50g    |                  |        |
| <b>Protein</b>       | 12.00g   |                  |        |
| <b>Vitamin A</b>     | 32.73IU  | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 45.00mg  | <b>Iron</b>      | 1.20mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Sausage Biscuit Sandwich

|                      |           |                       |                   |
|----------------------|-----------|-----------------------|-------------------|
| <b>Servings:</b>     | 1.00      | <b>Category:</b>      | Entree            |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Complex Food Prep |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-49265           |

## Ingredients

| Description                           | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| SAUSAGE PTY CHIX CKD 1.36Z            | 1 Each      | N/A               | 138941     |
| BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS | 1 Each      | N/A               | 120851     |

## Preparation Instructions

Biscuit: Heat according to directions on case

Sausage Patty: Cook according to directions on case

Assembly: Place 1 sausage patty between split biscuit. Hold in warmer/hot unit until ready for service.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 1.000 |
| <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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 300.00                  |
| <b>Fat</b>              | 14.00g                  |
| <b>SaturatedFat</b>     | 6.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 40.00mg                 |
| <b>Sodium</b>           | 660.00mg                |
| <b>Carbohydrates</b>    | 30.00g                  |
| <b>Fiber</b>            | 1.00g                   |
| <b>Sugar</b>            | 3.00g                   |
| <b>Protein</b>          | 16.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 230.00mg | <b>Iron</b> 2.70mg      |

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### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of BeneFit Bar

|                      |           |                       |         |
|----------------------|-----------|-----------------------|---------|
| <b>Servings:</b>     | 3.00      | <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-49259 |

## Ingredients

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

## 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: 3.00

Serving Size: 1.00 Each

| 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

# Eggo® Bites Mini Pancakes

|                      |           |                       |                  |
|----------------------|-----------|-----------------------|------------------|
| <b>Servings:</b>     | 2.00      | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Breakfast | <b>Recipe ID:</b>     | R-49266          |

## Ingredients

| Description                        | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| PANCAKE MINI CONFET 72-3.03Z EGGO  | 1 Package   |                   | 395303     |
| PANCAKE MINI MAPL IW 72-3.03Z EGGO | 1 Package   |                   | 284831     |

## Preparation Instructions

Heat and thaw product according to directions on case.

### 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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 210.00                  |
| <b>Fat</b>              | 6.50g                   |
| <b>SaturatedFat</b>     | 1.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 2.50mg                  |
| <b>Sodium</b>           | 105.00mg                |
| <b>Carbohydrates</b>    | 36.00g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 6.00g                   |
| <b>Protein</b>          | 4.00g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 20.00mg  | <b>Iron</b> 1.80mg      |

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### Nutrition - Per 100g

No 100g Conversion Available