

# **Cookbook for Hebron High School**

**Created by HPS Menu Planner**

# Table of Contents

**Assorted Variety of Muffins**

**Variety of Assorted Cereal**

**Pop-Tart Variety (2 count)**

**Cereal Bar Variety**

**Assorted Variety of Juice**

**Egg & Cheese Bagel Sandwich**

**Sausage Biscuit Sandwich**

**Assorted Variety of BeneFit Bar**

**Eggo® Bites Mini Pancakes**

# 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 Ready to eat	264702
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL CHEERIOS HNYNUT BWL	1 Each	READY_TO_EAT 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

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

## 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

Updated 8.19.24

### 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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# 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

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



## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# 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

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

### 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

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---

# 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

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

### 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

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

### 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

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

### Nutrition - Per 100g

No 100g Conversion Available