

Cookbook for Prairie Crossing

Created by HPS Menu Planner

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Assorted Cereals

Servings:	14.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50274
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL GLDN GRAHAMS BWL	1 Each	509434
CEREAL CHEERIOS HNY BOWL	1 Each	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL APPLCINN WGRAIN BWL	1 Each	266052
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	265811
CEREAL RICE CHEX WGRAIN BWL	1 Package	268711
CEREAL CINN CHEX BWL	1 Each	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL APPLE JACKS R/S BWL	1 Each	283611
CEREAL FROOT LOOPS R/S BWL	1 Each	283620
CEREAL RAISIN BRAN BWL	1 Each	247197

Preparation Instructions

No Preparation Instructions available.

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: 14.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.48
Fat	1.28g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	147.36mg
Carbohydrates	23.64g
Fiber	2.18g
Sugar	6.79g
Protein	2.05g
Vitamin A 42.86IU	Vitamin C 0.51mg
Calcium 60.37mg	Iron 4.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50631
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
EGG PTY RND 3.5IN	1 Each	741320
BACON TKY CKD	2 Piece	834770
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each	266545

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	212.86
Fat	8.36g
SaturatedFat	1.71g
Trans Fat	0.00g
Cholesterol	107.50mg
Sodium	511.43mg
Carbohydrates	20.00g
Fiber	2.00g
Sugar	3.00g
Protein	10.57g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.00mg	Iron 1.13mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bacon & Egg Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50632
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
EGG PTY RND 3.5IN	1 Each	741320
BACON TKY CKD	2 Piece	834770
DOUGH BISCUIT WGRAIN	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	275.56
Fat	14.26g
SaturatedFat	6.21g
Trans Fat	0.07g
Cholesterol	109.50mg
Sodium	712.63mg
Carbohydrates	24.00g
Fiber	2.60g
Sugar	2.00g
Protein	10.47g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 45.58mg	Iron 1.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Fruit Smoothie- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50633
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Sugar Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50635
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each	839520

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: 1.00

Serving Size: 6.00 Each

Amount Per Serving			
Calories	280.00		
Fat	16.00g		
SaturatedFat	7.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	320.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	6.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50636
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each	839520

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: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	280.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	6.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Powdered Donut Holes- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	6.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50634
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
DONUT HOLE WGRAIN .41Z	6 Each	839520

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: 1.00

Serving Size: 6.00 Each

Amount Per Serving	
Calories	280.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	320.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	6.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.00mg	Iron 1.46mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Yogurt

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50276
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
YOGURT STRAWB BAN BASH L/F	1 Each	551760
YOGURT DANIMAL STRAWB BAN N/F	1 Each	869921
YOGURT RASPB RNBW L/F	1 Each	551770
YOGURT DANIMAL VAN N/F	1 Each	200612
YOGURT CHERRY TRPL L/F	1 Each	186911

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	76.00
Fat	0.30g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	61.00mg
Carbohydrates	14.60g
Fiber	0.00g
Sugar	9.40g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 124.00mg	Iron 0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll with Icing- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50637
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
DOUGH ROLL CINN WGRAIN	1 Each	644262

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	170.00
Fat	1.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	135.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	10.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 23.87mg	Iron 1.51mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50638
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
EGG PTY RND 3.5IN	1 Each	741320
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices	499789
DOUGH BISCUIT WGRAIN	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	267.70
Fat	13.40g
SaturatedFat	6.75g
Trans Fat	0.07g
Cholesterol	104.50mg
Sodium	611.20mg
Carbohydrates	26.00g
Fiber	2.60g
Sugar	3.00g
Protein	9.40g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 125.58mg	Iron 1.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit Parfait

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50639
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
Strawberries IQF sliced	1 Quart 1 Pint (6 Cup)	110860
YOGURT VAN L/F PARFPR	1 Quart 1 Pint (6 Cup)	811500

Preparation Instructions

1. Spoon 1/4 cup yogurt into bottom of 10-12 oz. cup.
2. Add 1/4 cup fruit.
3. Repeat layers.
4. Cover and chill until ready to serve.

Serve with 1 package of grahams.

Hold in cold pass thru until served.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 12.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	150.94
Fat	0.75g
SaturatedFat	0.37g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	61.70mg
Carbohydrates	33.13g
Fiber	2.00g
Sugar	21.42g
Protein	3.73g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 134.33mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Biscuit- Incomplete Recipe

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-50640
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
DOUGH BISCUIT WGRAIN	1 Each	237390

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	172.70
Fat	7.40g
SaturatedFat	4.50g
Trans Fat	0.07g
Cholesterol	2.00mg
Sodium	381.20mg
Carbohydrates	23.00g
Fiber	2.60g
Sugar	2.00g
Protein	3.90g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 27.58mg	Iron 1.18mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Graham Snacks

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50275
School:	Prairie Crossing		

Ingredients

Description	Measurement	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package	859550
CRACKER GRHM TIGER BITE CHOC	1 Package	123171
CRACKER GRHM BUG BITES	1 Package	859560
CRACKER GRHM GRIPZ CHOC IW	1 Package	282441
CRACKER PRESIDENTS SMART	1 Ounce	159381
CRACKER ANIMAL WGRAIN	1 Package	682840
CRACKER GLDFSH CINN	1 Package	194510

Preparation Instructions

No Preparation Instructions available.

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	120.00
Fat	3.71g
SaturatedFat	0.93g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	107.86mg
Carbohydrates	20.86g
Fiber	1.43g
Sugar	7.14g
Protein	1.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.86mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available