

# **Cookbook for Walton-Verona Intermediate School**

**Created by HPS Menu Planner**

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# Biscuit Sandwich Sausage

<b>Servings:</b>	80.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44240

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CKD 1Z	80 Each	<b>BAKE</b> To Bake (convection oven): Preheat oven to 325°F, heat for 3 - 3 1 2 minutes if frozen, 2 1 2 - 3 minutes if thawed.	111341
DOUGH BISC STHRN EZ SPLT	80 Each	<b>BAKE</b> PLACE FROZEN BISCUIT DOUGH WITH SIDES TOUCHING ON GREASED OR PARCHMENT LINED BAKING SHEET. BAKE TIMES WILL VARY BY OVEN TYPE AND QUANTITY OF PRODUCT IN OVEN. BISCUITS ARE DONE WHEN TOPS ARE GOLDEN BROWN AND REACH A MINIMUM INTERNAL TEMPERATURE OF 165°F.	866920

## Preparation Instructions

CCP Hot Hold 135 F or higher

### 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: 80.000

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	310.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	620.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	1.00g
<b>Sugar</b>	2.00g
<b>Protein</b>	8.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 120.00mg	<b>Iron</b> 1.96mg

\*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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# Cereal and Toast-WG

<b>Servings:</b>	5.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44816
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 3/4 Package	READY_TO_EAT Ready to Eat	265811
CEREAL COCOA PUFFS WGRAIN R/S	1 3/4 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 3/4 Each	READY_TO_EAT Ready To Eat	365790
Toast with Butter	5 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

## Preparation Instructions

Students can take cereal and toast or each one separately.

## 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: 5.000

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	240.00
<b>Fat</b>	9.67g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	265.00mg
<b>Carbohydrates</b>	35.33g
<b>Fiber</b>	3.67g
<b>Sugar</b>	8.67g
<b>Protein</b>	4.67g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 79.17mg	<b>Iron</b> 8.50mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Fresh Fruit Medley

<b>Servings:</b>	10.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44280

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	2 1/2 Each		597481
ORANGE 113 - 138 CT 1/35 LB CS	2 1/2 Each		171871
Banana	2 1/2 Each		197769
PEAR 95-110CT MRKN	2 1/2 Each		198056

## Preparation Instructions

Wash fruit, slice fruit or serve whole

Place in bag for service or boat

CCP Hold for cold service at 41F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.750
<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: 10.000

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	88.70		
<b>Fat</b>	0.18g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	22.75g		
<b>Fiber</b>	3.90g		
<b>Sugar</b>	10.75g		
<b>Protein</b>	1.05g		
<b>Vitamin A</b>	120.78IU	<b>Vitamin C</b>	23.30mg
<b>Calcium</b>	25.11mg	<b>Iron</b>	0.23mg

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\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Fruit-Canned Assorted

<b>Servings:</b>	15.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44306

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD IN JCE	1/4 #10 CAN		610372
PEAR DCD IN JCE	1/4 #10 CAN		610364
FRUIT COCKTAIL DCD XL/S	1/4 #10 CAN		258362
ORANGES MAND WHL L/S	1/4 #10 CAN		117897
PINEAPPLE TIDBITS IN JCE	1/4 #10 CAN		189979

## Preparation Instructions

Place in 4oz cup

CCP Hold cold service at 41F or lower

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.512
<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: 15.000

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	71.07		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.16mg		
<b>Carbohydrates</b>	16.58g		
<b>Fiber</b>	1.02g		
<b>Sugar</b>	11.36g		
<b>Protein</b>	0.54g		
<b>Vitamin A</b>	61.78IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	12.95mg	<b>Iron</b>	0.36mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Juice Box 100%

<b>Servings:</b>	80.000	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44298

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	16 Each		698211
JUICE BOX VERY BRY	16 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	16 Each		698744
JUICE BOX ORNG TANGR 100	16 Each		698251
JUICE BOX FRT PNCH 100	16 Each		698240

## 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: 80.000

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	64.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	8.00mg		
<b>Carbohydrates</b>	16.20g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Yogurt Parfait

<b>Servings:</b>	15.000	<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-44179

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR	3 Pound 12 Ounce (60 Ounce)	READY_TO_EAT Ready to use with pouch & serving tip.	811500
STRAWBERRY WHL IQF	1 Quart 1 Pint 1 1/2 Cup (7 1/2 Cup)	Can you other variety of fruits	244630
GRANOLA OATHNY BULK	2 Pound 5 1/2 Ounce (37 1/2 Ounce)	READY_TO_EAT READY TO EAT	226671

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.119
<b>Grain</b>	2.332
<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: 15.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	348.99
<b>Fat</b>	3.08g
<b>SaturatedFat</b>	0.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	339.55mg
<b>Carbohydrates</b>	75.28g
<b>Fiber</b>	4.30g
<b>Sugar</b>	39.51g
<b>Protein</b>	8.90g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 182.64mg	<b>Iron</b> 2.18mg

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### Nutrition - Per 100g

No 100g Conversion Available