

Cookbook for Knox Elementary

Created by HPS Menu Planner

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Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31349
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH	1 Each		118940
JUICE ORNG 100 FRSH	1 Each		118930
JUICE APPLE 100 FRSH	1 Each		118921

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		63.33	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.40mg	
Carbohydrates		15.00g	
Fiber		0.00g	
Sugar		14.00g	
Added Sugar		0.00g	
Protein		0.03g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.33mg

Nutrition - Per 100g

No 100g Conversion Available	
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Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30189
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD	6 Slice	Or use Brown Box Commodity Ham = 2.50 ounce weight of commodity equals 2 Meat/Meat Alternative	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	Brown Box Commodity or GFS#499786	100018
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

Preparation Instructions

Updated 4.15.25

Meal Components (SLE)

Amount Per Serving	
Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		315.00	
Fat		12.00g	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		72.50mg	
Sodium		805.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Sugar		4.50g	
Added Sugar		0.00g	
Protein		21.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.72mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Frozen Fruit Cups

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34544
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apricots Cups SLCD FZ 96-4.5Z	1 Each	Commodity Brown Box	100261
Peaches, diced, cups, Frozen	1 Cup	Commodity Brown Box	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	Commodity Brown Box	100256
Mixed Berry Frz Cup- 96/4.5 oz.- Graves County Schools	1 Cup	Commodity Brown Box	110859

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		115.00	
Fat		0.00g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.25mg	
Carbohydrates		26.75g	
Fiber		2.50g	
Sugar		22.50g	
Added Sugar		0.00g	
Protein		0.75g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	2.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43640
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY IW	1 Each		273442
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343

Preparation Instructions

Updated 10.9.24

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories		170.00	
Fat		5.25g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		15.00mg	
Sodium		110.00mg	
Carbohydrates		26.50g	
Fiber		1.50g	
Sugar		13.50g	
Added Sugar		0.00g	
Protein		3.00g	
Vitamin A	7.21mcg	Vitamin C	0.03mg
Calcium	19.88mg	Iron	1.17mg

Nutrition - Per 100g

No 100g Conversion Available			
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Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31350
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water for Recipes	17 Cup	Hot water	000001WTR

Preparation Instructions

- RECONSTITUTE
- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 38.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		78.34	
Fat		0.87g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		356.89mg	
Carbohydrates		14.80g	
Fiber		0.87g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.74g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30186
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX	1 Package		290025
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER,BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 128.00			
Serving Size: 1.00 Fluid Ounce			
Amount Per Serving			
Calories		19.45	
Fat		0.28g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		133.40mg	
Carbohydrates		3.89g	
Fiber		0.00g	
Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Pop Tart

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30220
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG	1 Each		452062

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		170.00	
Fat		2.83g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		118.33mg	
Carbohydrates		36.33g	
Fiber		3.00g	
Sugar		14.67g	
Added Sugar		14.33g	
Protein		2.00g	
Vitamin A	166.67mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available	
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Eggo Bites® Mini Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31436
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE MINI MAPL IW	1 Package		284831

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use
Do Not Refreeze Thawed Product.

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		206.67	
Fat		6.33g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		6.67mg	
Sodium		240.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Sugar		11.33g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	26.67mg	Iron	2.40mg

Nutrition - Per 100g

No 100g Conversion Available