

Cookbook for Walton-Verona K-5

Created by HPS Menu Planner

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French Toast Sticks

NO IMAGE

Servings:	180.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44241

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST STIX WGRAIN	720 Each	BAKE Cooking Instructions: For food safety, quality and thorough cooking, please follow the instructions below. Keep frozen until ready to prepare. Product is not ready to eat until fully cooked to internat temperature of 165 F. Due to differences in appliances, cooking times may vary and require adjustment. Caution - Product will be hot! CONVECTION OVEN: 1. Preheat oven to 350°F. 2. Arrange product in a single layer on lined baking sheet. 3. Bake for 10-11 minutes (full tray). If baking more than one tray, longer cooking time may be required.	661062
SUGAR POWDERED 6X	180 Teaspoon	Sprinkle!	108693

Preparation Instructions

Prepare french toast according to instructions and put in 1/4 tray boats and dust with powder sugar.

Hot hold service 135F or above

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 180.000

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	275.70
Fat	9.70g
Saturated Fat	1.60g
Trans Fat	0.14g
Cholesterol	0.00mg
Sodium	305.40mg
Carbohydrates	40.50g
Fiber	3.30g
Total Sugar	11.42g
Added Sugar	16.00g
Protein	6.20g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 41.71mg	Iron 1.98mg

Nutrition - Per 100g

No 100g Conversion Available

Juice Box 100%

NO IMAGE

Servings:	180.000	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45322
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100	36 Each		698211
JUICE BOX VERY BRY	36 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	36 Each		698744
JUICE BOX ORNG TANGR 100	36 Each		698251
JUICE BOX FRT PNCH 100	36 Each		698240

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 180.000

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	64.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.00mg		
Carbohydrates	16.20g		
Fiber	0.00g		
Total Sugar	14.80g		
Added Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Medley



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN	2 1/2 Each		597481
ORANGE 113-138CT COMM	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

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.750
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Each

Amount Per Serving	
Calories	89.15
Fat	0.18g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.33mg
Carbohydrates	22.75g
Fiber	4.03g
Total Sugar	10.75g
Added Sugar	0.00g**
Protein	1.08g
Vitamin A 120.78mcg	Vitamin C 23.30mg
Calcium 25.11mg	Iron 0.23mg

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

Nutrition - Per 100g

No 100g Conversion Available

Bagel with Cream Cheese

NO IMAGE

Servings:	10.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44254

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	10 Each	thaw	217911
CHEESE CREAM LT CUP	10 Each		124960

Preparation Instructions

Put items together for service

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.750
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	200.00		
Fat	6.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	270.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Total Sugar	7.00g		
Added Sugar	5.00g		
Protein	9.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available

Fruit-Canned Assorted

NO IMAGE

Servings:	120.000	Category:	Fruit
Serving Size:	3.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44306

Ingredients

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

Preparation Instructions

Place in 3oz cup

CCP Hold cold service at 41F or lower

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 120.000

Serving Size: 3.00 Ounce

Amount Per Serving	
Calories	79.76
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.16mg
Carbohydrates	19.18g
Fiber	1.08g
Total Sugar	13.80g
Added Sugar	3.66g
Protein	0.32g
Vitamin A 61.78mcg	Vitamin C 0.80mg
Calcium 13.98mg	Iron 0.38mg

Nutrition - Per 100g

Calories	93.78
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.53mg
Carbohydrates	22.56g
Fiber	1.27g
Total Sugar	16.22g
Added Sugar	4.31g
Protein	0.38g
Vitamin A 72.64mcg	Vitamin C 0.94mg
Calcium 16.43mg	Iron 0.45mg

Cereal Assorted

NO IMAGE

Servings:	5.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54670
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat	595934
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 5.000

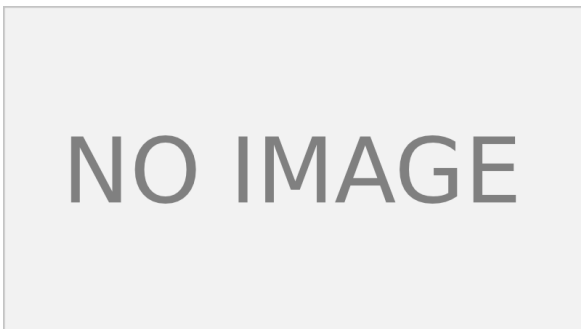
Serving Size: 1.00 Each

Amount Per Serving	
Calories	112.00
Fat	2.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	151.00mg
Carbohydrates	22.80g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	6.00g
Protein	2.20g
Vitamin A 140.00mcg	Vitamin C 0.72mg
Calcium 82.00mg	Iron 3.70mg

Nutrition - Per 100g

No 100g Conversion Available

Toast with Butter Option



Servings:	24.000	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44246

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CCS 24 oz. Whole Grain Rich Sandwich Bread X	24 1 Slice		1292
BUTTER ALT LIQ NT	3/4 Cup		614640

Preparation Instructions

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.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 24.000

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	130.00
Fat	8.00g
Saturated Fat	1.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	125.00mg
Carbohydrates	13.00g
Fiber	1.00g
Total Sugar	1.00g
Added Sugar	1.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 34.50mg	Iron 1.00mg

Nutrition - Per 100g

No 100g Conversion Available