

Humboldt Unified School District

001362 - BACON & EGG BRK BAGEL HS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SANDWICH

- 902737s BAGEL LENDERS 3 OZ PLAIN..... 1 (1 BAGEL)
- 903443s BACON ROUND HORMEL..... 1 BACON ROUND
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH.... 1 PATTY

*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	320 kcal	Cholesterol	130.00 mg	Sugars	*0.00* g	Calcium	59.00 mg	23.91%	Calories from Total Fat
Total Fat	8.50 g	Sodium	665.00 mg	Protein	14.00 g	Iron	1.10 mg	7.03%	Calories from Sat Fat
Saturated Fat	2.50 g	Carbohydrate	45.00 g	Vitamin A	200.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	56.25%	Calories from Carbohydrates
								17.50%	Calories from Protein

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Humboldt Unified School District

001297 - BACON & EGG BRK BISCUIT

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 1
 Size of Portion: EACH

- 902922s BISCUIT CONESTOGA..... 1 BISCUIT
- 903443s BACON ROUND HORMEL..... 1 BACON ROUND
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH.... 1 PATTY

*Nutrients are based upon 1 Portion Size (EACH)

Calories	270 kcal	Cholesterol	130.00 mg	Sugars	*3.00* g	Calcium	59.00 mg	45.00%	Calories from Total Fat
Total Fat	13.50 g	Sodium	605.00 mg	Protein	10.00 g	Iron	1.82 mg	15.00%	Calories from Sat Fat
Saturated Fat	4.50 g	Carbohydrate	27.00 g	Vitamin A	1200.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	40.00%	Calories from Carbohydrates
								14.82%	Calories from Protein

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Humboldt Unified School District

001369 - BACON & EGG BRK PRETZEL

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SANDWICH

- 903480s PRETZEL ROLL WG..... 1 ROLL
- 903443s BACON ROUND HORMEL..... 1 BACON ROUND
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH.... 1 PATTY

*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	265	kcal	Cholesterol	110.00	mg	Sugars	2.00	g	Calcium	40.00	mg	33.96%	Calories from Total Fat
Total Fat	10.00	g	Sodium	270.00	mg	Protein	11.00	g	Iron	2.16	mg	11.89%	Calories from Sat Fat
Saturated Fat	3.50	g	Carbohydrate	30.00	g	Vitamin A	100.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash ¹	*N/A*	g	45.28%	Calories from Carbohydrates
												16.60%	Calories from Protein

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Humboldt Unified School District

001296 - BACON & EGG BRK SANDWICH

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: EACH

902689s HAMBURGER BUN 4" K-12 Spec..... 50 (1 BUN)
 900079s EGG PATTIES, GRILLED, SUNNYFRESH.... 50 PATTY
 903443s BACON ROUND HORMEL..... 50 BACON ROUND

*Nutrients are based upon 1 Portion Size (EACH)

Calories	220	kcal	Cholesterol	130.00	mg	Sugars	*0.00*	g	Calcium	119.00	mg	34.77%	Calories from Total Fat
Total Fat	8.50	g	Sodium	615.00	mg	Protein	13.00	g	Iron	1.82	mg	10.23%	Calories from Sat Fat
Saturated Fat	2.50	g	Carbohydrate	24.00	g	Vitamin A	*200.00*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	*0.00*	mg	Ash ¹	*N/A*	g	43.64%	Calories from Carbohydrates
												23.64%	Calories from Protein

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Humboldt Unified School District

001386 - BACON, EGG & Cheese PRETZEL

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SANDWICH

- 903480s PRETZEL ROLL WG..... 1 ROLL
- 903443s BACON ROUND HORMEL..... 1 BACON ROUND
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 1 PATTY
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	302 kcal	Cholesterol	117.50 mg	Sugars	2.00 g	Calcium	115.00 mg	36.45%	Calories from Total Fat
Total Fat	12.25 g	Sodium	415.00 mg	Protein	14.00 g	Iron	3.06 mg	14.13%	Calories from Sat Fat
Saturated Fat	4.75 g	Carbohydrate	31.00 g	Vitamin A	145.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	40.99%	Calories from Carbohydrates
								18.51%	Calories from Protein

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Humboldt Unified School District

000857 - BAGEL & CREAM CHEESE

Recipe HACCP Process: #1 No Cook

Source: HUSD 8.09
 Number of Portions: 2
 Size of Portion: EACH

- 900002s BAGEL WHITE WHEAT, LENDERS 2OZ..... 2 (1 BAGEL)
- 900144s CREAM CHEESE, LOW FAT, INDIVIDUAL..... 1 CONTAINER
- 902984s CREAM CHEESE STRAWBERRY 0.75 OZ CUPS.... 1 CONTAINER

*Nutrients are based upon 1 Portion Size (EACH)

Calories	198 kcal	Cholesterol	17.50 mg	Sugars	*5.00* g	Calcium	*50.00* mg	27.34%	Calories from Total Fat
Total Fat	6.00 g	Sodium	255.00 mg	Protein	7.50 g	Iron	*1.80* mg	14.81%	Calories from Sat Fat
Saturated Fat	3.25 g	Carbohydrate	31.50 g	Vitamin A	*250.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	63.80%	Calories from Carbohydrates
								15.19%	Calories from Protein

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Humboldt Unified School District

001134 - BISCUIT AND GRAVY

Recipe HACCP Process: #2 Same Day Service

Source: HUSD 8.09

Number of Portions: 72

Size of Portion: SERVINGS

902922s BISCUIT CONESTOGA..... 72 BISCUIT
 902780s SAUSAGE JIMMY DEAN 1oz PATTY.... 14 (1 PATTY)
 902831s Gravy Country Katy's..... 1 PACKAGE (24 OZ)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	210	kcal	Cholesterol	4.37	mg	Sugars	3.08	g	Calcium	*40.00*	mg	41.82%	Calories from Total Fat
Total Fat	9.78	g	Sodium	399.72	mg	Protein	4.76	g	Iron	*1.47*	mg	13.01%	Calories from Sat Fat
Saturated Fat	3.04	g	Carbohydrate	26.51	g	Vitamin A	*1000.00*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.00	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	50.40%	Calories from Carbohydrates
												9.06%	Calories from Protein

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Humboldt Unified School District

001135 - BOSCO STICK WG

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

902833s BOSCO STICK WG 7 INCH.... 1 STICK (ONE)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	220	kcal	Cholesterol	15.00	mg	Sugars	2.00	g	Calcium	200.00	mg	28.64%	Calories from Total Fat
Total Fat	7.00	g	Sodium	280.00	mg	Protein	12.00	g	Iron	1.80	mg	12.27%	Calories from Sat Fat
Saturated Fat	3.00	g	Carbohydrate	28.00	g	Vitamin A	200.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	50.91%	Calories from Carbohydrates
												21.82%	Calories from Protein

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Humboldt Unified School District

000947 - BREAKFAST BURRITO-HS

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 25

Size of Portion: SERVINGS

Alternate Menu Name: HUSD-Breakfast Burrito

- 902971s TORTILLA 10" WHITE_WHEAT LA CANASTA.... 25 TORTILLA (S)
- 902762s Eggs Scrambled Pre Cooked Sunny Fresh..... 50 OZ
- 902711s CHEESE CHEDDAR FEATHER FANCY..... 12 1/2 OZ
- 902605s HAM, FULLY COOKED, DICED, A727..... 15 1/4 OZ
- R-000503 SALSA, HS..... 25 (1/4 CUPSERVING)
- 902730s TATOR TOTS OREIDA..... 25 (1/2 CUP SERVING(S))

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	328	kcal	Cholesterol	243.71	mg	Sugars	*0.00*	g	Calcium	209.07	mg	43.15%	Calories from Total Fat
Total Fat	15.71	g	Sodium	894.61	mg	Protein	16.52	g	Iron	*2.99*	mg	12.93%	Calories from Sat Fat
Saturated Fat	4.71	g	Carbohydrate	30.49	g	Vitamin A	*895.57*	IU	Water ¹	*3.03*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.39	g	Vitamin C	*6.42*	mg	Ash ¹	*0.05*	g	37.22%	Calories from Carbohydrates
												20.17%	Calories from Protein

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Humboldt Unified School District

000341 - BREAKFAST PIZZA TONY'S

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1

Size of Portion: EACH

Alternate Menu Name: BREAKFAST PIZZA

900115s BREAKFAST PIZZA, SAUSAGE, TONY'S, whole grain.... 1 SLICE

*Nutrients are based upon 1 Portion Size (EACH)

Calories	210	kcal	Cholesterol	15.00	mg	Sugars	5.00	g	Calcium	150.00	mg	30.00%	Calories from Total Fat
Total Fat	7.00	g	Sodium	350.00	mg	Protein	9.00	g	Iron	1.80	mg	8.57%	Calories from Sat Fat
Saturated Fat	2.00	g	Carbohydrate	27.00	g	Vitamin A	300.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash ¹	*N/A*	g	51.43%	Calories from Carbohydrates
												17.14%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

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001123 - BUNNY BREAD (CARROT CAKE) Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Size of Portion: LOAF

902807s CARROT CAKE. DAVES.... 1 (1 LOAF)

*Nutrients are based upon 1 Portion Size (LOAF)

Calories	275	kcal	Cholesterol	14.00	mg	Sugars	16.00	g	Calcium	15.00	mg	27.82%	Calories from Total Fat
Total Fat	8.50	g	Sodium	175.00	mg	Protein	2.80	g	Iron	8.00	mg	6.22%	Calories from Sat Fat
Saturated Fat	1.90	g	Carbohydrate	46.00	g	Vitamin A	970.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.80	g	Vitamin C	34.00	mg	Ash ¹	*N/A*	g	66.91%	Calories from Carbohydrates
												4.07%	Calories from Protein

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Humboldt Unified School District

000411 - Cheese Omelet w Bacon & Toast

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1

Size of Portion: SERVING

- 900209s OMELET, COLBY CHEESE, SKILLET, SUNNYFRESH.... 1 (1 SERVING)
- 902828s SANDWICH BREAD K-12 SPEC 1 (1 SLICE)
- 903443s BACON ROUND HORMEL..... 1 BACON ROUND

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	225	kcal	Cholesterol	210.00	mg	Sugars	*1.00*	g	Calcium	83.00	mg	50.00%	Calories from Total Fat
Total Fat	12.50	g	Sodium	490.00	mg	Protein	14.00	g	Iron	1.08	mg	18.00%	Calories from Sat Fat
Saturated Fat	4.50	g	Carbohydrate	15.00	g	Vitamin A	*400.00*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.00	g	Vitamin C	*0.00*	mg	Ash ¹	*N/A*	g	26.67%	Calories from Carbohydrates
												24.89%	Calories from Protein

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Humboldt Unified School District

000837 - CINNAMON BUN Dave's

Recipe HACCP Process: #1 No Cook

Source: DAVES BAKING CO

Number of Portions: 1

Size of Portion: BUN

Alternate Menu Name: CINNAMON BUN

902710s CINNAMON BUN-FORTIFIED DAVES BAKING CO..... 1 (1 BUN)

*Nutrients are based upon 1 Portion Size (BUN)

Calories	219	kcal	Cholesterol	13.00	mg	Sugars	13.00	g	Calcium	168.00	mg	31.23%	Calories from Total Fat
Total Fat	7.60	g	Sodium	140.00	mg	Protein	2.40	g	Iron	6.10	mg	6.17%	Calories from Sat Fat
Saturated Fat	1.50	g	Carbohydrate	35.60	g	Vitamin A	1420.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.50	g	Vitamin C	26.00	mg	Ash ¹	*N/A*	g	65.02%	Calories from Carbohydrates
												4.38%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001133 - CINNAMON ROLL RICH'S 2.6 OZ

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: ROLL

Alternate Menu Name: CINNAMON ROLL

- 902830s CINNAMON ROLL DOUGH RICH'S 2.6 oz.... 1 ROLL
- 902908s ICING RICH'S FOR CINNAMON ROLL..... 1 (1 1/2 TABLESPOONS)

*Nutrients are based upon 1 Portion Size (ROLL)

Calories	310 kcal	Cholesterol	5.00 mg	Sugars	*10.00* g	Calcium	*10.61* mg	7.26%	Calories from Total Fat
Total Fat	2.50 g	Sodium	140.00 mg	Protein	5.00 g	Iron	*0.78* mg	4.35%	Calories from Sat Fat
Saturated Fat	1.50 g	Carbohydrate	65.00 g	Vitamin A	*183.84* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.18* mg	Ash ¹	*N/A* g	83.87%	Calories from Carbohydrates
								6.45%	Calories from Protein

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Humboldt Unified School District

001505 - COFFEE CAKE

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Size of Portion: SERVING

903550s COFFEE CAKE.... 1 ONE SERVING

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	340	kcal	Cholesterol	50.00	mg	Sugars	25.00	g	Calcium	80.00	mg	34.41%	Calories from Total Fat
Total Fat	13.00	g	Sodium	350.00	mg	Protein	6.00	g	Iron	1.80	mg	3.97%	Calories from Sat Fat
Saturated Fat	1.50	g	Carbohydrate	53.00	g	Vitamin A	100.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash ¹	*N/A*	g	62.35%	Calories from Carbohydrates
												7.06%	Calories from Protein

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Humboldt Unified School District

001535 - CRANBERRIES, DRIED

Recipe HACCP Process:

Source:

Number of Portions: 1

Size of Portion: PACKAGE

903569s CRANBERRIES, DRIED.... 1 PACKAGE (1.16oz)

*Nutrients are based upon 1 Portion Size (PACKAGE)

Calories	110	kcal	Cholesterol	0.00	mg	Sugars	24.00	g	Calcium	0.00	mg	0.00%	Calories from Total Fat
Total Fat	0.00	g	Sodium	0.00	mg	Protein	0.00	g	Iron	0.00	mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00	g	Carbohydrate	28.00	g	Vitamin A	0.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	0.00	mg	Ash ¹	*N/A*	g	101.82%	Calories from Carbohydrates
												0.00%	Calories from Protein

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Recipe Master List

001509 - DUTCH WAFFLE

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: WAFFLE

903554s DUTCH WAFFLE..... 1 ONE WAFFLE

903555s SUGAR POWDERED.... 1 TSP, sifted

*Nutrients are based upon 1 Portion Size (WAFFLE)

Calories	308 kcal	Cholesterol	20.00 mg	Sugars	14.04 g	Calcium	40.02 mg	37.97%	Calories from Total Fat
Total Fat	13.00 g	Sodium	350.04 mg	Protein	4.00 g	Iron	1.80 mg	8.76%	Calories from Sat Fat
Saturated Fat	3.00 g	Carbohydrate	45.08 g	Vitamin A	*0.00* IU	Water ¹	*0.00* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash ¹	*0.00* g	58.52%	Calories from Carbohydrates
								5.19%	Calories from Protein

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Humboldt Unified School District

001219 - EGG & CHEESE BREAKFAST MUFFIN

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

- 902958s ENGLISH MUFFIN 100% WHOLE WHEAT..... 1 MUFFIN
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 1 PATTY
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	212	kcal	Cholesterol	122.50	mg	Sugars	*N/A*	g	Calcium	174.00	mg	28.59%	Calories from Total Fat
Total Fat	6.75	g	Sodium	490.00	mg	Protein	13.00	g	Iron	2.72	mg	11.65%	Calories from Sat Fat
Saturated Fat	2.75	g	Carbohydrate	28.00	g	Vitamin A	*245.00*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	4.00	g	Vitamin C	*0.00*	mg	Ash ¹	*N/A*	g	52.71%	Calories from Carbohydrates
												24.47%	Calories from Protein

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Humboldt Unified School District

001370 - EGG & CHEESE BRK PRETZEL

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SERVING

- 903480s PRETZEL ROLL WG..... 1 ROLL
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 1 PATTY
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	257 kcal	Cholesterol	102.50 mg	Sugars	2.00 g	Calcium	115.00 mg	30.58%	Calories from Total Fat
Total Fat	8.75 g	Sodium	255.00 mg	Protein	11.00 g	Iron	3.06 mg	11.36%	Calories from Sat Fat
Saturated Fat	3.25 g	Carbohydrate	31.00 g	Vitamin A	145.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	48.16%	Calories from Carbohydrates
								17.09%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

000374 - FRENCH TOAST

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 100
 Size of Portion: 1 Package

903533s FRENCH TOAST BAKE CRAFTERS..... 100 (1) PACKAGE
 902748s SYRUP PANCAKE AMERICAN 1.5OZ CUPS.... 100 (1 SERVING)

*Nutrients are based upon 1 Portion Size (1 Package)

Calories	359 kcal	Cholesterol	10.00 mg	Sugars	28.79 g	Calcium	*40.00* mg	17.56%	Calories from Total Fat
Total Fat	7.00 g	Sodium	260.00 mg	Protein	6.00 g	Iron	*0.72* mg	2.51%	Calories from Sat Fat
Saturated Fat	1.00 g	Carbohydrate	68.66 g	Vitamin A	*0.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	76.57%	Calories from Carbohydrates
								6.69%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001281 - FRUDEL, APPLE& CHERRY

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 2

Size of Portion: SERVING

902996s FRUDEL, APPLE, PILLSBURY..... 1 PACKAGE(S)

902997s FRUDEL, CHERRY, PILLSBURY.... 1 PACKAGE(S)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	210 kcal	Cholesterol	0.00 mg	Sugars	11.00 g	Calcium	*N/A* mg	25.71%	Calories from Total Fat
Total Fat	6.00 g	Sodium	285.00 mg	Protein	5.00 g	Iron	1.08 mg	6.43%	Calories from Sat Fat
Saturated Fat	1.50 g	Carbohydrate	36.50 g	Vitamin A	55.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g	69.52%	Calories from Carbohydrates
								9.52%	Calories from Protein

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Humboldt Unified School District

000658 - FRUIT & YOGURT PARFAIT

Recipe HACCP Process: #1 No Cook

Source: HUSD 10.09
 Number of Portions: 3
 Size of Portion: EACH

- 900094s YOGURT, VANILLA, UPSTATE FARMS 5LB..... 3 SERVING (4 OZ)
- 900095s GRANOLA, 100% NATURAL OATS & HONEY, QUAKER..... 3 (1/4 CUP)
- 902829s BLUEBERRIES FRZ UNSWTND..... 1/2 CUP, unthawed
- 900167s PEACHES SLICED CND LITE SYRUP-HUSD..... 1/2 (1 cup)
- 902990s STRAWBERRIES, IQF, THAWED, WHOLE, UNSWEETENED.... 1/2 CUP

*Nutrients are based upon 1 Portion Size (EACH)

Calories	234 kcal	Cholesterol	2.50 mg	Sugars	28.09 g	Calcium	328.10 mg	12.50%	Calories from Total Fat
Total Fat	3.25 g	Sodium	90.50 mg	Protein	5.97 g	Iron	0.85 mg	1.03%	Calories from Sat Fat
Saturated Fat	0.27 g	Carbohydrate	47.64 g	Vitamin A	155.38 IU	Water ¹	*28.68* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.43 g	Vitamin C	15.61 mg	Ash ¹	*0.06* g	81.47%	Calories from Carbohydrates
								10.20%	Calories from Protein

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Humboldt Unified School District

001287 - FRUIT & YOGURT SMOOTHIE

Recipe HACCP Process: #2 Same Day Service

Source:
 Number of Portions: 1
 Size of Portion: SERVING

- 902809s YOGURT STWB OR STWB BANANA 4oz CONTAINER..... 1 (1 SERVING)
- R-001290 FRUIT ASSORTED 1 (0.5 CUP SERVING)
- 900095s GRANOLA, 100% NATURAL OATS & HONEY, QUAKER.... 1 (1/2 CUP)

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	391 kcal	Cholesterol	0.00 mg	Sugars	*10.00* g	Calcium	359.81 mg	14.29%	Calories from Total Fat
Total Fat	6.20 g	Sodium	100.67 mg	Protein	9.07 g	Iron	*1.83* mg	1.20%	Calories from Sat Fat
Saturated Fat	0.52 g	Carbohydrate	79.71 g	Vitamin A	*281.99* IU	Water ¹	*47.72* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	8.29 g	Vitamin C	37.67 mg	Ash ¹	*0.18* g	81.61%	Calories from Carbohydrates
								9.29%	Calories from Protein

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Humboldt Unified School District

000990 - GREEN EGGS & HAM

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 150

Size of Portion: SERVINGS

902779s EGG_ LIQUID SILVERBROOK..... 1 CARTON
 902843s SPINACH FRESH..... 5 CUP
 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 9 LB + 6 OZ
 902828s SANDWICH BREAD K-12 SPEC 150 (1 SLICE)

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	230 kcal	Cholesterol	397.60 mg	Sugars	*N/A* g	Calcium	*23.49* mg	42.79%	Calories from Total Fat
Total Fat	10.95 g	Sodium	548.33 mg	Protein	18.63 g	Iron	*1.83* mg	11.95%	Calories from Sat Fat
Saturated Fat	3.06 g	Carbohydrate	15.36 g	Vitamin A	*106.27* IU	Water ¹	*0.91* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.02 g	Vitamin C	*0.28* mg	Ash ¹	*0.02* g	26.68%	Calories from Carbohydrates
								32.36%	Calories from Protein

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Humboldt Unified School District

000514 - HAM AND CHEESE BAGEL

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 1
 Size of Portion: EACH

- 900002s BAGEL WHITE WHEAT, LENDERS 2OZ..... 1 (1 BAGEL)
- 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 1 1/4 OZ
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	217 kcal	Cholesterol	25.80 mg	Sugars	*5.00* g	Calcium	118.05 mg	17.68%	Calories from Total Fat
Total Fat	4.27 g	Sodium	630.00 mg	Protein	14.69 g	Iron	4.02 mg	6.82%	Calories from Sat Fat
Saturated Fat	1.65 g	Carbohydrate	31.62 g	Vitamin A	160.25 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	58.24%	Calories from Carbohydrates
								27.07%	Calories from Protein

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Humboldt Unified School District

001459 - HAM AND CHEESE BISCUIT

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 1
 Size of Portion: EACH

- 902922s BISCUIT CONESTOGA..... 1 BISCUIT
- 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 1 7/8 OZ
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	276 kcal	Cholesterol	34.50 mg	Sugars	4.80 g	Calcium	119.50 mg	35.05%	Calories from Total Fat
Total Fat	10.75 g	Sodium	925.00 mg	Protein	15.40 g	Iron	4.29 mg	12.50%	Calories from Sat Fat
Saturated Fat	3.83 g	Carbohydrate	29.39 g	Vitamin A	1067.50 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	42.59%	Calories from Carbohydrates
								22.32%	Calories from Protein

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Humboldt Unified School District

001371 - HAM AND CHEESE BRK PRTZL

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1

Size of Portion: EACH

- 903480s PRETZEL ROLL WG..... 1 ROLL
- 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 1 1/4 OZ
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	237 kcal	Cholesterol	25.80 mg	Sugars	*2.00* g	Calcium	98.05 mg	21.88%	Calories from Total Fat
Total Fat	5.77 g	Sodium	450.00 mg	Protein	13.69 g	Iron	4.02 mg	10.04%	Calories from Sat Fat
Saturated Fat	2.65 g	Carbohydrate	31.62 g	Vitamin A	60.25 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	53.33%	Calories from Carbohydrates
								23.10%	Calories from Protein

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Humboldt Unified School District

001460 - HAM AND CHEESE Croissant

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 1
 Size of Portion: EACH

- 903517s CROISSANT WG CHEF PIERRE..... 1 CROISSANT
- 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 1 1/4 OZ
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	297 kcal	Cholesterol	30.80 mg	Sugars	*5.00* g	Calcium	98.05 mg	37.15%	Calories from Total Fat
Total Fat	12.27 g	Sodium	750.00 mg	Protein	14.69 g	Iron	4.02 mg	15.59%	Calories from Sat Fat
Saturated Fat	5.15 g	Carbohydrate	32.62 g	Vitamin A	60.25 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	43.91%	Calories from Carbohydrates
								19.78%	Calories from Protein

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Humboldt Unified School District

001474 - HAM EGG & CHEESE BAGEL

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: EACH

900002s BAGEL WHITE WHEAT, LENDERS 2OZ..... 50 (1 BAGEL)
 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 50 PATTY
 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 5 5/8 LB
 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 25 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	277 kcal	Cholesterol	125.75 mg	Sugars	6.80 g	Calcium	102.00 mg	24.75%	Calories from Total Fat
Total Fat	7.63 g	Sodium	812.50 mg	Protein	18.90 g	Iron	4.56 mg	7.17%	Calories from Sat Fat
Saturated Fat	2.21 g	Carbohydrate	32.88 g	Vitamin A	245.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	47.44%	Calories from Carbohydrates
								27.27%	Calories from Protein

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Humboldt Unified School District

001372 - HAM EGG & CHEESE BRK Pretzel

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: EACH

903480s PRETZEL ROLL WG..... 50 ROLL
 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 50 PATTY
 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 5 5/8 LB
 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 25 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	297 kcal	Cholesterol	125.75 mg	Sugars	3.80 g	Calcium	82.00 mg	27.63%	Calories from Total Fat
Total Fat	9.12 g	Sodium	632.50 mg	Protein	17.90 g	Iron	4.56 mg	9.72%	Calories from Sat Fat
Saturated Fat	3.21 g	Carbohydrate	32.89 g	Vitamin A	145.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	44.25%	Calories from Carbohydrates
								24.09%	Calories from Protein

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Humboldt Unified School District

000306 - HAM, EGG, AND CHEESE BRK SANDW

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: EACH

902689s HAMBURGER BUN 4" K-12 Spec..... 50 (1 BUN)
 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 50 PATTY
 900090s HAM, WATER ADDED, FLY CKD, SLICED, 5 LB.... 5 5/8 LB
 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 25 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	252 kcal	Cholesterol	145.75 mg	Sugars	4.80 g	Calcium	161.00 mg	27.20%	Calories from Total Fat
Total Fat	7.62 g	Sodium	977.50 mg	Protein	19.90 g	Iron	4.22 mg	7.88%	Calories from Sat Fat
Saturated Fat	2.21 g	Carbohydrate	26.89 g	Vitamin A	*245.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	42.63%	Calories from Carbohydrates
								31.56%	Calories from Protein

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Humboldt Unified School District

001268 - MILK HIGH & MIDDLE SCHOOLS

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 40

Size of Portion: CARTON(S)

- 902759s MILK 1% LOWFAT..... 5 CUP
- 902981s MILK CHOCOLATE FAT FREE..... 15 CARTON
- 900309s MILK FF STRAWBERRY SHAMROCK.... 15 (1 Serving)
- 902982s MILK FAT FREE..... 5 CARTON

*Nutrients are based upon 1 Portion Size (CARTON(S))

Calories	140 kcal	Cholesterol	9.15 mg	Sugars	*3.66* g	Calcium	300.62 mg	7.91%	Calories from Total Fat
Total Fat	1.23 g	Sodium	152.79 mg	Protein	8.40 g	Iron	*0.01* mg	4.84%	Calories from Sat Fat
Saturated Fat	0.76 g	Carbohydrate	23.27 g	Vitamin A	497.28 IU	Water ¹	*27.43* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.00 g	Vitamin C	2.10 mg	Ash ¹	*0.23* g	66.34%	Calories from Carbohydrates
								23.95%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001216 - MUFFIN

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 3

Size of Portion: SERVINGS

Alternate Menu Name: MUFFIN

903506s MUFFIN BANANA NUT DAVE'S 3.6 OZ WG.... 1 MUFFIN

903507s MUFFIN BLUEBERRY DAVES 3.6 OZ WG..... 1 MUFFIN

903508s MUFFIN CHOC CHIP DAVES 3.6 OZ WG..... 1 MUFFIN

*Nutrients are based upon 1 Portion Size (SERVINGS)

Calories	271	kcal	Cholesterol	22.67	mg	Sugars	22.00	g	Calcium	7.33	mg	24.88%	Calories from Total Fat
Total Fat	7.50	g	Sodium	140.00	mg	Protein	4.50	g	Iron	1.33	mg	3.65%	Calories from Sat Fat
Saturated Fat	1.10	g	Carbohydrate	46.33	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.80	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	68.30%	Calories from Carbohydrates
												6.63%	Calories from Protein

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Humboldt Unified School District

001527 - OATMEAL - OVERNIGHT OATS

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 25

Size of Portion: 6 OZ

- 900189s OATMEAL - ROLLED OATS..... 6 (1 CUP) + 1/4 (1 CUP)
- 900094s YOGURT, VANILLA, UPSTATE FARMS 5LB.... 12 CUP + 1/2 CUP
- 902759s MILK 1% LOWFAT..... 3 CUP + 1/4 CUP
- 901016s CINNAMON, GROUND..... 1 TBSP

*Nutrients are based upon 1 Portion Size (6 OZ)

Calories	140 kcal	Cholesterol	4.09 mg	Sugars	*18.81* g	Calcium	344.15 mg	5.84%	Calories from Total Fat
Total Fat	0.91 g	Sodium	89.46 mg	Protein	5.57 g	Iron	0.41 mg	1.29%	Calories from Sat Fat
Saturated Fat	0.20 g	Carbohydrate	26.58 g	Vitamin A	64.67 IU	Water ¹	*28.52* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	1.00 g	Vitamin C	0.60 mg	Ash ¹	*0.24* g	76.05%	Calories from Carbohydrates
								15.93%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

000558 - PANCAKE & SAUSAGE WRAP

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1

Size of Portion: WRAP

Alternate Menu Name: PANCAKE & SAUSAGE ON
A STICK

900046s PANCAKE WRAP, WG, TURK,FOSTER FARM.... 1 WRAP
902748s SYRUP PANCAKE AMERICAN 1.5OZ CUPS..... 1 (1 SERVING)

*Nutrients are based upon 1 Portion Size (WRAP)

Calories	289 kcal	Cholesterol	15.00 mg	Sugars	*N/A* g	Calcium	*0.00* mg	18.71%	Calories from Total Fat
Total Fat	6.00 g	Sodium	510.00 mg	Protein	9.00 g	Iron	*1.44* mg	4.68%	Calories from Sat Fat
Saturated Fat	1.50 g	Carbohydrate	51.66 g	Vitamin A	*0.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	71.58%	Calories from Carbohydrates
								12.47%	Calories from Protein

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Humboldt Unified School District

001507 - PANCAKE BOWL PEACH

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Size of Portion: BOWL

903552s PANCAKE BOWL PEACH.... 1 ONE BOWL

*Nutrients are based upon 1 Portion Size (BOWL)

Calories	230	kcal	Cholesterol	35.00	mg	Sugars	15.00	g	Calcium	*N/A*	mg	17.61%	Calories from Total Fat
Total Fat	4.50	g	Sodium	330.00	mg	Protein	5.00	g	Iron	*N/A*	mg	9.78%	Calories from Sat Fat
Saturated Fat	2.50	g	Carbohydrate	41.00	g	Vitamin A	*N/A*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.00	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	71.30%	Calories from Carbohydrates
												8.70%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

000485 - PANCAKES, MRS. BUTTERWORTH

Recipe HACCP Process: #1 No Cook

Source: HUSD 8.09

Number of Portions: 50

Size of Portion: 3 PANCAKES

Alternate Menu Name: PANCAKES

900216s PANCAKES AUNT JEMIMA 150 PANCAKE
 902748s SYRUP PANCAKE AMERICAN 1.5OZ CUPS.... 50 (1 SERVING)

*Nutrients are based upon 1 Portion Size (3 PANCAKES)

Calories	355 kcal	Cholesterol	9.90 mg	Sugars	*N/A* g	Calcium	*78.28* mg	14.98%	Calories from Total Fat
Total Fat	5.91 g	Sodium	384.00 mg	Protein	4.87 g	Iron	*1.18* mg	2.47%	Calories from Sat Fat
Saturated Fat	0.97 g	Carbohydrate	70.98 g	Vitamin A	*0.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.95 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	79.98%	Calories from Carbohydrates
								5.49%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001383 - PUMPKIN BREAD WG SLICED

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Size of Portion: SLICE

903489s PUMPKIN BREAD WG SLICED.... 1 SLICE

*Nutrients are based upon 1 Portion Size (SLICE)

Calories	270	kcal	Cholesterol	0.00	mg	Sugars	24.00	g	Calcium	100.00	mg	33.33%	Calories from Total Fat
Total Fat	10.00	g	Sodium	220.00	mg	Protein	6.00	g	Iron	1.44	mg	6.67%	Calories from Sat Fat
Saturated Fat	2.00	g	Carbohydrate	43.00	g	Vitamin A	1000.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.00	g	Vitamin C	*N/A*	mg	Ash ¹	*N/A*	g	63.70%	Calories from Carbohydrates
												8.89%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

001536 - RAISINS

Recipe HACCP Process:

Source:
 Number of Portions: 1
 Size of Portion:
 package

903570s RAISINS 1 PACKAGE (1.33oz)

*Nutrients are based upon 1 Portion Size (package)

Calories	120 kcal	Cholesterol	0.00 mg	Sugars	27.00 g	Calcium	0.00 mg	0.00%	Calories from Total Fat
Total Fat	0.00 g	Sodium	5.00 mg	Protein	1.00 g	Iron	0.00 mg	0.00%	Calories from Sat Fat
Saturated Fat	0.00 g	Carbohydrate	29.00 g	Vitamin A	0.00 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	96.67%	Calories from Carbohydrates
								3.33%	Calories from Protein

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Humboldt Unified School District

000515 - SAUSAGE & CHEESE BISCUIT

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 1
 Size of Portion: EACH

- 902922s BISCUIT CONESTOGA..... 1 BISCUIT
- 902767s PORK, SAUSAGE PATTIES 1 oz Jimmy Dean.... 1 (1 patty)
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	328	kcal	Cholesterol	27.63	mg	Sugars	*N/A*	g	Calcium	115.00	mg	51.76%	Calories from Total Fat
Total Fat	18.88	g	Sodium	837.63	mg	Protein	10.13	g	Iron	2.50	mg	19.95%	Calories from Sat Fat
Saturated Fat	7.28	g	Carbohydrate	26.45	g	Vitamin A	1089.74	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	2.00	g	Vitamin C	*0.00*	mg	Ash ¹	*N/A*	g	32.22%	Calories from Carbohydrates
												12.35%	Calories from Protein

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Humboldt Unified School District

001373 - SAUSAGE & CHEESE brk pretzel

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 1
 Size of Portion: EACH

- 903480s PRETZEL ROLL WG..... 1 ROLL
- 902767s PORK, SAUSAGE PATTIES 1 oz Jimmy Dean.... 1 (1 patty)
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	318 kcal	Cholesterol	27.63 mg	Sugars	*2.00* g	Calcium	95.00 mg	46.32%	Calories from Total Fat
Total Fat	16.38 g	Sodium	377.63 mg	Protein	11.13 g	Iron	2.86 mg	17.75%	Calories from Sat Fat
Saturated Fat	6.28 g	Carbohydrate	30.45 g	Vitamin A	89.74 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	38.26%	Calories from Carbohydrates
								13.99%	Calories from Protein

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Humboldt Unified School District

001503 - SAUSAGE & CHEESE CROISSANT

Recipe HACCP Process: #2 Same Day Service

Source: HUSD
 Number of Portions: 1
 Size of Portion: EACH

- 903517s CROISSANT WG CHEF PIERRE..... 1 CROISSANT
- 902767s PORK, SAUSAGE PATTIES 1 oz Jimmy Dean.... 1 (1 patty)
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	378 kcal	Cholesterol	32.63 mg	Sugars	5.00 g	Calcium	95.00 mg	54.44%	Calories from Total Fat
Total Fat	22.88 g	Sodium	677.63 mg	Protein	12.13 g	Iron	2.86 mg	20.88%	Calories from Sat Fat
Saturated Fat	8.78 g	Carbohydrate	31.45 g	Vitamin A	89.74 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	0.00 mg	Ash ¹	*N/A* g	33.25%	Calories from Carbohydrates
								12.83%	Calories from Protein

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Humboldt Unified School District

001374 - Sausage Egg Chez brk pretzel

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SANDWICH

- 903480s PRETZEL ROLL WG..... 1 ROLL
- 902780s SAUSAGE JIMMY DEAN 1oz PATTY..... 1 (1 PATTY)
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 1 PATTY
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	377 kcal	Cholesterol	145.00 mg	Sugars	*2.00* g	Calcium	*114.00* mg	49.47%	Calories from Total Fat
Total Fat	20.75 g	Sodium	520.00 mg	Protein	14.50 g	Iron	3.26 mg	18.48%	Calories from Sat Fat
Saturated Fat	7.75 g	Carbohydrate	31.50 g	Vitamin A	*245.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	33.38%	Calories from Carbohydrates
								15.36%	Calories from Protein

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Humboldt Unified School District

001289 - Sausage, Egg & Cheese Bagel

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 1

Size of Portion: SANDWICH

- 900002s BAGEL WHITE WHEAT, LENDERS 2OZ..... 1 (1 BAGEL)
- 902780s SAUSAGE JIMMY DEAN 1oz PATTY..... 1 (1 PATTY)
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 1 PATTY
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE.... 1 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (SANDWICH)

Calories	357 kcal	Cholesterol	145.00 mg	Sugars	*5.00* g	Calcium	*134.00* mg	48.46%	Calories from Total Fat
Total Fat	19.25 g	Sodium	700.00 mg	Protein	15.50 g	Iron	3.26 mg	16.99%	Calories from Sat Fat
Saturated Fat	6.75 g	Carbohydrate	31.50 g	Vitamin A	*345.00* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	4.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	35.24%	Calories from Carbohydrates
								17.34%	Calories from Protein

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Humboldt Unified School District

000404 - SAUSAGE, EGG, & CHEESE BRK SAN

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 50

Size of Portion: EACH

Alternate Menu Name: SAUSAGE, EGG & CHEESE
BREAKFAST SANDWICH

- 902689s HAMBURGER BUN 4" K-12 Spec..... 50 (1 BUN)
- 900079s EGG PATTIES, GRILLED, SUNNYFRESH..... 50 PATTY
- 902767s PORK, SAUSAGE PATTIES 1 oz Jimmy Dean.... 50 (1 patty)
- 902777s CHEESE AMERICAN BLEND 0.5 OZ SLICE..... 50 slice (1/2 oz)

*Nutrients are based upon 1 Portion Size (EACH)

Calories	333 kcal	Cholesterol	142.63 mg	Sugars	*N/A* g	Calcium	194.00 mg	50.99%	Calories from Total Fat
Total Fat	18.88 g	Sodium	832.63 mg	Protein	16.13 g	Iron	2.88 mg	16.95%	Calories from Sat Fat
Saturated Fat	6.28 g	Carbohydrate	25.45 g	Vitamin A	*289.74* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	3.00 g	Vitamin C	*0.00* mg	Ash ¹	*N/A* g	30.54%	Calories from Carbohydrates
								19.36%	Calories from Protein

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Humboldt Unified School District

000629 - SCRAMBLED EGGS W/Bacon & TOAST Recipe HACCP Process: #2 Same Day Service

Source: HUSD 06.11

Number of Portions: 50

Size of Portion: SERVING

- 902779s EGG_ LIQUID SILVERBROOK..... 20 CUP
- 902828s SANDWICH BREAD K-12 SPEC 50 (1 SLICE)
- 903443s BACON ROUND HORMEL..... 50 BACON ROUND

*Nutrients are based upon 1 Portion Size (SERVING)

Calories	272	kcal	Cholesterol	485.40	mg	Sugars	*0.00*	g	Calcium	*20.00*	mg	51.99%	Calories from Total Fat
Total Fat	15.70	g	Sodium	486.80	mg	Protein	19.44	g	Iron	*0.72*	mg	16.09%	Calories from Sat Fat
Saturated Fat	4.86	g	Carbohydrate	14.00	g	Vitamin A	*0.00*	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	3.00	g	Vitamin C	*0.00*	mg	Ash ¹	*N/A*	g	20.60%	Calories from Carbohydrates
												28.61%	Calories from Protein

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Humboldt Unified School District

Recipe Master List

000681 - ULTIMATE BREAKFAST ROUND

Recipe HACCP Process: #2 Same Day Service

Source:

Number of Portions: 140

Size of Portion: EACH

900329s ULTIMATE BREAKFAST ROUND.... 140 BREAKFAST ROUND

*Nutrients are based upon 1 Portion Size (EACH)

Calories	270	kcal	Cholesterol	5.01	mg	Sugars	18.02	g	Calcium	40.04	mg	26.67%	Calories from Total Fat
Total Fat	8.01	g	Sodium	210.23	mg	Protein	5.01	g	Iron	1.80	mg	10.00%	Calories from Sat Fat
Saturated Fat	3.00	g	Carbohydrate	43.05	g	Vitamin A	0.00	IU	Water ¹	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	6.01	g	Vitamin C	0.00	mg	Ash ¹	*N/A*	g	63.70%	Calories from Carbohydrates
												7.41%	Calories from Protein

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Humboldt Unified School District

000687 - WAFFLE with Warm Berries

Recipe HACCP Process: #2 Same Day Service

Source: HUSD

Number of Portions: 1

Size of Portion: 3 WAFFLES

Alternate Menu Name: AUNT JEMIMA

- 900120s WAFFLES, AUNT JEMIMA, WG..... 1 SERVING (2 WAFFLES)
- 902909s STRAWBERRIES FRZ SWTND SLICED..... 1/4 CUP, thawed
- 051370c BLUEBERRIES, FROZEN, WILD, IQF..... 1/4 CUP
- 902748s SYRUP PANCAKE AMERICAN 1.5OZ CUPS... 1 (1 SERVING)

*Nutrients are based upon 1 Portion Size (3 WAFFLES)

Calories	410 kcal	Cholesterol	4.27 mg	Sugars	*18.79* g	Calcium	*386.66* mg	14.23%	Calories from Total Fat
Total Fat	6.49 g	Sodium	514.35 mg	Protein	5.95 g	Iron	*10.41* mg	2.35%	Calories from Sat Fat
Saturated Fat	1.07 g	Carbohydrate	85.40 g	Vitamin A	*79.30* IU	Water ¹	*46.65* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	5.41 g	Vitamin C	*27.29* mg	Ash ¹	*0.15* g	83.24%	Calories from Carbohydrates
								5.79%	Calories from Protein

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Humboldt Unified School District

001504 - ZUCCHINI BREAD

Recipe HACCP Process: #1 No Cook

Source:

Number of Portions: 1

Size of Portion: SLICE

903549s ZUCCHINI BREAD.... 1 ONE SLICE

*Nutrients are based upon 1 Portion Size (SLICE)

Calories	260 kcal	Cholesterol	0.00 mg	Sugars	23.00 g	Calcium	100.00 mg	27.69%	Calories from Total Fat
Total Fat	8.00 g	Sodium	240.00 mg	Protein	5.00 g	Iron	1.08 mg	5.19%	Calories from Sat Fat
Saturated Fat	1.50 g	Carbohydrate	44.00 g	Vitamin A	*N/A* IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	2.00 g	Vitamin C	*N/A* mg	Ash ¹	*N/A* g	67.69%	Calories from Carbohydrates
								7.69%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.