

Cookbook for Fennville Public Schools

Created by HPS Menu Planner

Table of Contents

Yogurt

Pretzel

Cheese Stick

Excellent Edamame Beans

Crispy Carrots

Leafy Romaine Lettuce

Silly Sally Celery

Crazy Cucumber

Tasty Cherry Tomatoes

Soft Whole Grain Rolls

Yogurt

Servings: 1.00

Meal Type: Lunch

Category: Entree

HACCP Process: No Cook

Yogurt, Trix LF - 4oz.

Nutrition Information

Calories	100.00	Protein	3.00g
Fat	0.50g	SaturatedFat	0.50g
Trans Fat	0.00g	Cholesterol	5.00mg
Carbohydrates	20.00g	Fiber	0.00g
Sugar	13.00g	Sodium	50.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	500.00IU	Calcium	100.00mg

Ingredients

4 Ounce YOGURT STRAWB BAN BASH L/F 48-4Z TRIX
READY TO EAT, REFRIGERATED.

Preparation Instructions

Pretzel

Servings: 1.00

Meal Type: Lunch

Category: Entree

HACCP Process: No Cook

Pretzel 0.7oz., Rold Gold

Nutrition Information

Calories	80.00	Protein	2.00g
Fat	1.50g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	15.00g	Fiber	2.00g
Sugar	0.00g	Sodium	200.00mg
Iron	0.72mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	0.00mg

Ingredients

1 Package PRETZEL HEARTZELS 104-0.7Z ROLD GOLD

OPEN PACKAGE AND EAT

Preparation Instructions

OPEN PACKAGE AND EAT

Cheese Stick

Servings:	1.00
Meal Type:	Lunch
Category:	Entree
HACCP Process:	No Cook

Cheese Stick, 1oz.

Nutrition Information

Calories	80.00	Protein	6.00g
Fat	6.00g	SaturatedFat	4.00g
Trans Fat	0.00g	Cholesterol	15.00mg
Carbohydrates	1.00g	Fiber	0.00g
Sugar	0.00g	Sodium	200.00mg
Iron	0.00mg	Vitamin C	0.00mg
Vitamin A	200.00IU	Calcium	200.00mg

Ingredients

1 Each CHEESE STRING MOZZ IW 168-1Z LOL

None

Preparation Instructions

Excellent Edamame Beans

Servings:	1.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook
Edamame Beans	

Nutrition Information

Calories	160.00	Protein	14.67g
Fat	8.00g	SaturatedFat	0.67g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	12.00g	Fiber	5.33g
Sugar	4.00g	Sodium	20.00mg
Iron	3.60mg	Vitamin C	32.00mg
Vitamin A	0.00IU	Calcium	200.00mg

Ingredients

4 Ounce EDAMAME SHELLLED SOYBEANS 6-2.5 SIMPL

Preparation Instructions

STOVE: BRING 5 QUARTS WATER TO BOIL ON HIGH IN A 7-QUART POT. ADD 2.5 LBS (ENTIRE BAG) OF FZ VEGETABLES TO WATER. COOK 8 MIN. DRAIN & SERVE. STEAMER: ARRANGE BAG IN A HALF SIZE HOTEL PAN. ADD 1/3 CUP WATER. STEAM FOR 7-8 MIN. DRAIN & SERVE. MICROWAVE (2200 WATTS) PLACE 1.25 LBS (HALF BAG) (half bag) IN A MICROWAVE SAFE CONTAINER. ADD 2 TBSP WATER. COVER TIGHTLY. MICROWAVE ON HIGH FOR 4 MINUTES, STIRRING AFTER 2 MINUTES. DRAIN & SERVE. SAUTE: IN SAUTE PAN HEAT 2 TBSP OIL ON HIGH. ADD HALF BAG TO HOT OIL. SAUTE FOR 5-8 MIN, STIRRING FREQUENTLY, SERVE.

Crispy Carrots

Servings:	1.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Baby Carrots

Nutrition Information

Calories	46.22	Protein	0.89g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	10.67g	Fiber	3.56g
Sugar	5.33g	Sodium	78.22mg
Iron	0.32mg	Vitamin C	6.93mg
Vitamin A	19022.22IU	Calcium	35.56mg

Ingredients

4 Ounce CARROT BABY WHL PETITE 4-5# RSS

Preparation Instructions

RECOMMENDATIONS: REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

Leafy Romaine Lettuce

Servings: 1.00

Meal Type: Lunch

Category: Vegetable

HACCP Process: No Cook

Chopped Romaine Lettuce

Nutrition Information

Calories	10.00	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.00g	Fiber	1.00g
Sugar	0.00g	Sodium	0.00mg
Iron	0.72mg	Vitamin C	30.00mg
Vitamin A	5000.00IU	Calcium	20.00mg

Ingredients

1 Cup LETTUCE ROMAINE CHOP 6-2# RSS

RINSE THOROUGHLY. READY TO USE.

Preparation Instructions

RINSE THOROUGHLY. READY TO USE.

Silly Sally Celery

Servings:	1.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Celery Sticks

Nutrition Information

Calories	8.70	Protein	0.45g
Fat	0.10g	SaturatedFat	0.05g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	2.00g	Fiber	1.00g
Sugar	1.00g	Sodium	49.60mg
Iron	0.13mg	Vitamin C	1.92mg
Vitamin A	278.38IU	Calcium	24.80mg

Ingredients

1/2 Cup CELERY STIX 4-3# RSS

REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.

Preparation Instructions

REFRIGERATE IMMEDIATELY; OPTIMUM STORAGE IS 34-36 F AT HIGH HUMIDITY WITH ADEQUATE CIRCULATION. KEEP AWAY FROM ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS AND TOMATOES. PREPARATION: PRE-RINSED. READY FOR RAW USE OR IN A COOKING APPLICATION.

Crazy Cucumber

Servings:	1.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Cucumber, Medium

Nutrition Information

Calories	3.90	Protein	0.00g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	1.00g	Fiber	0.00g
Sugar	-0.50g	Sodium	0.00mg
Iron	0.07mg	Vitamin C	0.73mg
Vitamin A	27.30IU	Calcium	4.16mg

Ingredients

1/2 Cup CUCUMBER SELECT 24CT MARKON

Preparation Instructions

Tasty Cherry Tomatoes

Servings:	1.00
Meal Type:	Lunch
Category:	Vegetable
HACCP Process:	No Cook

Cherry Tomatoes

Nutrition Information

Calories	13.50	Protein	0.50g
Fat	0.00g	SaturatedFat	0.00g
Trans Fat	0.00g	Cholesterol	0.00mg
Carbohydrates	3.00g	Fiber	1.00g
Sugar	2.00g	Sodium	3.50mg
Iron	0.18mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	5.00mg

Ingredients

1/2 Cup TOMATO CHERRY 11# MRKN

Preparation Instructions

KEEP AWAY FROM OTHER ETHYLENE-PRODUCING ITEMS SUCH AS APPLES, AVOCADOS, BANANAS, AND MELONS. PREPARATION: RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

Soft Whole Grain Rolls

Servings:	1.00
Meal Type:	Lunch
Category:	Grain
HACCP Process:	No Cook

Whole Grain Rolls

Nutrition Information

Calories	86.20	Protein	3.20g
Fat	1.00g	SaturatedFat	0.30g
Trans Fat	0.05g	Cholesterol	0.00mg
Carbohydrates	17.00g	Fiber	1.70g
Sugar	3.00g	Sodium	149.00mg
Iron	0.80mg	Vitamin C	0.00mg
Vitamin A	0.00IU	Calcium	19.91mg

Ingredients

1 Each ROLL DNNR WHT WGRAIN 1.2Z 12-12CT

ONCE THAWED, SERVE AS DESIRED. CAN BE HEATED AT 350 DEGREES F FOR 2-3 MINUTES IF DESIRED.

Preparation Instructions

ONCE THAWED, SERVE AS DESIRED. CAN BE HEATED AT 350 DEGREES F FOR 2-3 MINUTES IF DESIRED.