

Cookbook for Cuyahoga Falls City Schools

Created by HPS Menu Planner

Table of Contents

Burger

French Toast

Calzone

Breaded Chicken Sandwich

Waffle Fries

Black Pepper Fries

Triangle Hash Browns

Mixed Green Salad

Orange

Fresh Blueberry Cup

Corn

Sausage Links

Breakfast Cereal

Breakfast Pizza

Fruit Frudels

Apple

Pears (Fresh)

WALKING TACO

BROCCOLI FLORETS

Fresh Peach Cups

Fresh Strawberry Cup

Cinnamon Applesauce Cups

Burger

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Delicious hamburgers & cheese burgers

Nutrition Information

| | | | |
|----------------------|---------|---------------------|----------|
| Calories | 303.00 | Protein | 19.00g |
| Fat | 16.50g | SaturatedFat | 5.70g |
| Trans Fat | 0.90g | Cholesterol | 60.00mg |
| Carbohydrates | 21.00g | Fiber | 5.00g |
| Sugar | 3.00g | Sodium | 444.00mg |
| Iron | 2.72mg | Vitamin C | 0.00mg |
| Vitamin A | 28.00IU | Calcium | 58.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-----------------------------------|--------------------------|
| 100 Each | 785820 | BEEF PTY CKD W/CHER 2.4Z 6-5 COMM | |
| 100 Each | 676151 | BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | |

Preparation Instructions

Basic Preparation:

PLACE PATTIES ON SHEET PAN OR PARCHMENT PAPER AND HEAT IN OVEN AT 350°F FOR APPROX 7-8 MINUTES. BURGERS CAN BE PREPARED IN STEAMER AS WELL. PLACE IN STEAMER AND HEAT FOR APPROX 14 MINUTES. PRODUCT NEEDS TO REACH INTERNAL TEMPERATURE OF 165 DEGREES.

French Toast

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Breakfast for lunch

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 200.60 | Protein | 7.80g |
| Fat | 8.00g | SaturatedFat | 2.00g |
| Trans Fat | 0.09g | Cholesterol | 109.00mg |
| Carbohydrates | 25.00g | Fiber | 2.50g |
| Sugar | 11.00g | Sodium | 282.70mg |
| Iron | 1.46mg | Vitamin C | 0.07mg |
| Vitamin A | 225.12IU | Calcium | 73.53mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-------------------------------------|--------------------------|
| 100 Each | 646262 | FRENCH TST CINN WGRAIN 144-2.9Z PAP | 1 piece per serving |

Preparation Instructions

On a sheet tray with parchment paper, lay each piece in a single layer.

Bake in a 350* F. oven for 5-7 minutes.

Calzone

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Baked Beef & Chicken Italian Calzone (NO PORK)

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 380.00 | Protein | 22.00g |
| Fat | 13.00g | SaturatedFat | 5.00g |
| Trans Fat | 0.00g | Cholesterol | 30.00mg |
| Carbohydrates | 43.00g | Fiber | 5.00g |
| Sugar | 9.00g | Sodium | 710.00mg |
| Iron | 1.80mg | Vitamin C | 14.40mg |
| Vitamin A | 862.00IU | Calcium | 264.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|--|--------------------------|
| 100 Each | 135191 | CALZONE ITAL BEEF PEPP WGRAIN 80-5Z | |
| 100 Each | 677721 | SAUCE MARINARA DIPN CUP 84- 2.5Z REDG | READY_TO_EAT None |

Preparation Instructions

Basic Preparation

PREHEAT OVEN TO 350 DEGREES F, PLACE CALZONE ON A SHEET PAN WITH A PAN LINER, BE SURE TO LEAVE A 1-2 INCH GAP BETWEEN CALZONES. COOK FOR 10-12 MINUTES OR UNTIL IT REACHES SERVING TEMPERATURE. THE COOKED PRODUCT SHOULD BE GOLDEN BROWN IN APPEARANCE.

Breaded Chicken Sandwich

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Baked Home-style Chicken Sandwich Patty

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 195.00 | Protein | 11.00g |
| Fat | 6.00g | SaturatedFat | 1.00g |
| Trans Fat | 0.00g | Cholesterol | 12.50mg |
| Carbohydrates | 25.00g | Fiber | 5.50g |
| Sugar | 2.00g | Sodium | 310.00mg |
| Iron | 1.62mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 60.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-----------------------------------|--|
| 100 Each | 645080 | CHIX PTY HMSTYL 1.6Z 4-5 TYS | BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. |
| 100 Each | 676151 | BUN HAMB WHLWHE 3.5 R/SOD 10-12CT | |

Preparation Instructions

Waffle Fries

| | |
|-----------------------|------------------|
| Servings: | 50.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | Same Day Service |

Baked Waffle cut fries

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 3.71 | Protein | 0.05g |
| Fat | 0.13g | SaturatedFat | 0.03g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 0.58g | Fiber | 0.08g |
| Sugar | 0.00g | Sodium | 2.12mg |
| Iron | 0.02mg | Vitamin C | 0.10mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|------------------------|--|
| 4 Ounce | 201081 | FRIES WAFFLE 6-4.5 MCC | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 10 TO 14 MINUTES, TURNING ONCE FOR UNIFORM COOKING. |

Preparation Instructions

Black Pepper Fries

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | Same Day Service |

Baked Black Pepper Seasoned Fries

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 213.33 | Protein | 2.67g |
| Fat | 10.67g | SaturatedFat | 1.33g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 28.00g | Fiber | 2.67g |
| Sugar | 0.00g | Sodium | 653.33mg |
| Iron | 0.96mg | Vitamin C | 8.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-------------------------------|---|
| 25 Pound | 190918 | FRIES PEPPERED 6-5 X-TREME | CONVECTION PREHEAT OVEN TO 425° F. SPREAD FROZEN FRIES EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. |

Preparation Instructions

Place 4 oz. fries per order into a boat.

Triangle Hash Browns

| | |
|-----------------------|------------------|
| Servings: | 120.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | Same Day Service |

Baked Hash Browns

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 195.56 | Protein | 1.78g |
| Fat | 9.78g | SaturatedFat | 1.33g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 24.00g | Fiber | 1.78g |
| Sugar | 0.89g | Sodium | 400.00mg |
| Iron | 0.64mg | Vitamin C | 2.13mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-----------------|------------|---------------------------------|--------------------------|
| 30 Pound | 265659 | POTATO TRIANGLES 2Z 6-5 LAMB | 1 case has 120 orders |

Preparation Instructions

CONVECTION OVEN: Layer onto a sheet tray. Bake at 400* F. for about 13 minutes.

Mixed Green Salad

| | |
|-----------------------|--------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | No Cook |

Fresh Mixed Romaine Salad

Nutrition Information

| | | | |
|----------------------|-----------|---------------------|---------|
| Calories | 18.10 | Protein | 1.07g |
| Fat | 0.10g | SaturatedFat | 0.03g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 3.75g | Fiber | 1.22g |
| Sugar | 2.58g | Sodium | 8.92mg |
| Iron | 0.36mg | Vitamin C | 8.92mg |
| Vitamin A | 2041.52IU | Calcium | 17.83mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|------------------------|------------|----------------------------------|--------------------------|
| 100 Cup | 755826 | LETTUCE BLND ROMAINE MXD 4-5 RSS | 1 cup each serving |
| 200 Fluid Ounce | 199044 | TOMATO CHERRY 12-1PT P/L | equals 2 each |

Preparation Instructions

1 cup per serving add 2 cherry tomatoes.

Orange

| | |
|-----------------------|--------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | No Cook |

Fresh Orange

Nutrition Information

| | | | |
|----------------------|----------|---------------------|---------|
| Calories | 73.30 | Protein | 1.50g |
| Fat | 0.20g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 18.00g | Fiber | 3.70g |
| Sugar | 15.00g | Sodium | 0.00mg |
| Iron | 0.16mg | Vitamin C | 82.95mg |
| Vitamin A | 350.83IU | Calcium | 62.37mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|--|--------------------------|
| 100 Each | 322326 | ORANGES NAVEL/VALENCIA CHC 138CT MRKN | |

Preparation Instructions

One whole orange equals one serving

Fresh Blueberry Cup

| | |
|-----------------------|--------------|
| Servings: | 120.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | No Cook |

Fresh Blueberries

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 32.00 | Protein | 0.00g |
| Fat | 0.00g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 8.00g | Fiber | 2.40g |
| Sugar | 4.00g | Sodium | 1.60mg |
| Iron | 0.00mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|------------------------------------|------------------------------|
| 3 Gallon | 764740 | BLUEBERRIES FZ WILD IQF 30 COMM | Portion 1/2 cup each serving |

Preparation Instructions

Corn

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | Same Day Service |

Side veggie, Corn

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 64.32 | Protein | 1.92g |
| Fat | 0.96g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 15.36g | Fiber | 1.92g |
| Sugar | 2.88g | Sodium | 0.96mg |
| Iron | 0.00mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-----------------|--|
| 3 Gallon | 120490 | CORN FZ 30 COMM | 3 gallons of corn equals 100 1/2 cup orders of corn. |

Preparation Instructions

Add frozen corn to a large roaster pan. Add 1/2 gallon of water. Heat corn until temperature reaches 145* F.

Sausage Links

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Turkey Breakfast Sausage Links

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 60.00 | Protein | 7.33g |
| Fat | 3.00g | SaturatedFat | 0.67g |
| Trans Fat | 0.00g | Cholesterol | 33.33mg |
| Carbohydrates | 0.67g | Fiber | 0.00g |
| Sugar | 0.67g | Sodium | 173.33mg |
| Iron | 0.72mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-------------------------------------|--------------------------|
| 200 Each | 509781 | SAUSAGE TKY LNK CKD .67Z 12 GCHC | 2 each per serving |

Preparation Instructions

Warm in the oven or steamer until internal temperature reaches 165* F.

Breakfast Cereal

| | |
|-----------------------|--------------|
| Servings: | 50.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | No Cook |

Assorted Breakfast cereal

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 0.00 | Protein | 0.00g |
| Fat | 0.00g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 0.00g | Fiber | 0.00g |
| Sugar | 0.00g | Sodium | 0.00mg |
| Iron | 0.00mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|--|--------------------------|
| 50 Serving | 184270 | 4-24 GEN MILLS BOWL PACK CEREAL 32415 | |

Preparation Instructions

Breakfast Pizza

| | |
|-----------------------|------------------|
| Servings: | 50.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

Breakfast turkey sausage pizza.

Nutrition Information

| | | | |
|----------------------|----------|---------------------|----------|
| Calories | 223.00 | Protein | 10.60g |
| Fat | 7.50g | SaturatedFat | 2.10g |
| Trans Fat | 0.00g | Cholesterol | 16.00mg |
| Carbohydrates | 28.00g | Fiber | 2.10g |
| Sugar | 6.00g | Sodium | 500.00mg |
| Iron | 1.98mg | Vitamin C | 0.00mg |
| Vitamin A | 200.00IU | Calcium | 160.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|--|--------------------------|
| 50 Each | 160432 | PIZZA WGRAIN BKFST TKY SAUS 128-3.31Z | |

Preparation Instructions

Basic Preparation

PLACE FROZEN PIZZAS IN 18"X26"X1/2" LIGHTLY GREASED BUN PANS. CONVECTION OVEN: 350F FOR 15 TO 17 MINUTES. CONVENTIONAL OVEN: 400F FOR 16 TO 19 MINUTES. REFRIGERATE OR DISCARD ANY UNUSED PORTION. NOTE: DUE TO VARIANCES IN OVEN REGULATORS, COOKING TIME AND TEMPERATURE MAY REQUIRE ADJUSTMENTS.

Fruit Frudels

| | |
|-----------------------|------------------|
| Servings: | 50.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Breakfast |
| Category: | Entree |
| HACCP Process: | Same Day Service |

cherry-filled strudel pastries

Nutrition Information

| | | | |
|----------------------|--------|---------------------|----------|
| Calories | 210.00 | Protein | 5.00g |
| Fat | 6.00g | SaturatedFat | 1.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 37.00g | Fiber | 2.00g |
| Sugar | 11.00g | Sodium | 260.00mg |
| Iron | 1.08mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|--|--|
| 50 Each | 838350 | PASTRY CHRY FILLD IW 72-2.29Z FRUDEL | BAKE Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes |

Preparation Instructions

Apple

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | Same Day Service |

These are heart-shaped apples with a deep, ruby-red skin that is sometimes streaked with green. They have a mild, sweet flavor, juicy texture, with little tartness

Nutrition Information

| | | | |
|----------------------|---------|---------------------|--------|
| Calories | 71.80 | Protein | 0.40g |
| Fat | 0.20g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 19.00g | Fiber | 3.30g |
| Sugar | 14.00g | Sodium | 1.40mg |
| Iron | 0.17mg | Vitamin C | 6.35mg |
| Vitamin A | 74.52IU | Calcium | 8.28mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-----------------------------------|--------------------------|
| 100 Each | 197696 | APPLE DELICIOUS RED 113CT MRKN | |

Preparation Instructions

Pears (Fresh)

| | |
|-----------------------|--------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | No Cook |

Fresh seasonal pears

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 16.40 | Protein | 0.16g |
| Fat | 0.00g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 4.46g | Fiber | 0.96g |
| Sugar | 2.71g | Sodium | 0.32mg |
| Iron | 0.06mg | Vitamin C | 1.15mg |
| Vitamin A | 0.00IU | Calcium | 3.18mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|--------------------|--------------------------|
| 100 Ounce | 198056 | PEAR 95-110CT MRKN | |

Preparation Instructions

Wash before serving.

WALKING TACO

| | |
|-----------------------|------------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Entree |
| HACCP Process: | Same Day Service |

TACO BEEF & DORITO WALKING TACO

Nutrition Information

| | | | |
|----------------------|-----------|---------------------|----------|
| Calories | 393.28 | Protein | 18.08g |
| Fat | 19.09g | SaturatedFat | 8.14g |
| Trans Fat | 0.18g | Cholesterol | 52.08mg |
| Carbohydrates | 34.15g | Fiber | 4.26g |
| Sugar | 1.93g | Sodium | 713.50mg |
| Iron | 2.33mg | Vitamin C | 34.74mg |
| Vitamin A | 5528.76IU | Calcium | 96.57mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|--------------------|------------|---------------------------------------|--------------------------|
| 100 Package | 865611 | CHIP NACHO CHS TOP N GO 21-1.4Z DORIT | 1 bag per serving |
| 200 Ounce | 722330 | TACO FILLING BEEF REDC FAT 6-5# COMM | 2 oz. per serving. |
| 100 Ounce | 199720 | CHEESE CHED SHRD 6-5 COMM | 1 oz. per serving |
| 100 Ounce | 452841 | SALSA 103Z 6-10 REDG | READY_TO_EAT None |
| 100 Cup | 361290 | LETTUCE ROMN CUT 9-2 P/L | 1/2 cup per order |

Preparation Instructions

BROCCOLI FLORETS

| | |
|-----------------------|--------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Vegetable |
| HACCP Process: | No Cook |

BROCCOLI & DIP

Nutrition Information

| | | | |
|----------------------|----------|---------------------|---------|
| Calories | 15.00 | Protein | 1.20g |
| Fat | 0.20g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 3.00g | Fiber | 1.10g |
| Sugar | 1.00g | Sodium | 14.50mg |
| Iron | 0.32mg | Vitamin C | 39.25mg |
| Vitamin A | 290.40IU | Calcium | 20.68mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|---------------|------------|-----------------------------------|--------------------------|
| 50 Cup | 732451 | BROCCOLI FLORET BITE SIZE 2-3 RSS | 1/2 CUP PER SERVING |

Preparation Instructions

1. Wash
2. place into portion cups,
3. serve with Ranch dip

Fresh Peach Cups

| | |
|-----------------------|--------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | No Cook |

Fresh Sliced Peaches

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 80.00 | Protein | 1.00g |
| Fat | 0.00g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 19.00g | Fiber | 1.00g |
| Sugar | 16.00g | Sodium | 0.00mg |
| Iron | 0.00mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|------------------------|--------------------------|
| 100 Each | 232470 | PEACH CUP 96-4.4Z COMM | Thaw before serving |

Preparation Instructions

Fresh Strawberry Cup

| | |
|-----------------------|--------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | No Cook |

Fresh Sliced Strawberries

Nutrition Information

| | | | |
|----------------------|--------|---------------------|--------|
| Calories | 90.00 | Protein | 1.00g |
| Fat | 0.00g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 22.00g | Fiber | 2.00g |
| Sugar | 18.00g | Sodium | 0.00mg |
| Iron | 0.00mg | Vitamin C | 0.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-----------------------------|--------------------------|
| 100 Each | 655010 | STRAWBERRY CUP 96-4.5Z COMM | Thaw before serving |

Preparation Instructions

Cinnamon Applesauce Cups

| | |
|-----------------------|--------------|
| Servings: | 100.00 |
| Serving Size: | 1.00 Serving |
| Meal Type: | Lunch |
| Category: | Fruit |
| HACCP Process: | No Cook |

applesauce

Nutrition Information

| | | | |
|----------------------|--------|---------------------|---------|
| Calories | 90.00 | Protein | 0.00g |
| Fat | 0.00g | SaturatedFat | 0.00g |
| Trans Fat | 0.00g | Cholesterol | 0.00mg |
| Carbohydrates | 22.00g | Fiber | 0.00g |
| Sugar | 19.00g | Sodium | 15.00mg |
| Iron | 0.00mg | Vitamin C | 60.00mg |
| Vitamin A | 0.00IU | Calcium | 0.00mg |

Ingredients

| Measurement | DistPart # | Description | Preparation Instructions |
|-------------|------------|-------------------------------------|--------------------------|
| 100 Each | 645060 | APPLESAUCE CINNAMON 96-4.5Z COMM | |

Preparation Instructions