

Cookbook for West Cheatham Elementary

Created by HPS Menu Planner

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F- Fruit Variety

Juice Variety

Cereal

F- Fruit Variety

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED LUNCH BUNCH 21AVG MRKN	3 61/78 Cup		280895
APPLE DELICIOUS RED 163CT MRKN	3 61/78 Each		540005
PEACH DCD IN JCE 6-10 GFS	3 61/78 Cup		610372
Sliced Peaches 6-10	3 61/78 Cup		100219
APPLE FRSH SLCD 100-2Z P/L	3 61/78 Package		473171
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3 61/78 Cup		198021
ORANGES MAND WHL L/S 6-10 GFS	3 61/78 Cup		117897
BANANA TURNING 40 P/L	3 61/78 Each		200999
Sliced Pears 6-10	3 61/78 Cup		100224
Wild Blueberries fzn	3 61/78 Cup		100243
Strawberries, diced, Cups, frozen	3 61/78 Cup		100256
Peaches, diced, cups, Frozen	3 61/78 Cup		100241
APPLESAUCE UNSWT 6-10 GFS	3 61/78 Cup		271497
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	3 61/78 Each		544426
Apples, Gala	3 61/78 Each		14J93

Description	Measurement	Prep Instructions	DistPart #
Grapes	3 61/78		14P36
Pear, fresh	3 61/78		14P12
Oranges, whole	3 61/78 Each		16W62

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.61
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	122.92		
Fat	0.08g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.31mg		
Carbohydrates	30.02g		
Fiber	2.90g		
Sugar	22.24g		
Protein	0.97g		
Vitamin A	148.72IU	Vitamin C	12.88mg
Calcium	12.49mg	Iron	0.78mg

Juice Variety



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
100% Apple Juice	100 Ounce		
100% Orange Juice	100 Ounce		

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00
Serving Size: 0.50 Cup

Amount Per Serving			
Calories	55.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	13.50g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	30.00mg

Calcium 5.00mg

Iron 1.00mg

Cereal

NO IMAGE

Servings:	60.00	Category:	Grain
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	6 2/3 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
CEREAL COCOA PUFFS WGRAIN R/S 96CT	6 2/3 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL REESEES PUFFS WGRAIN 96CT GENM	6 2/3 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264761
CEREAL CINN TOAST R/S BWL 96CT GENM	6 2/3 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	6 2/3 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	6 2/3 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	6 2/3 Each		662186
CEREAL FROOT LOOPS R/S BWL 96- 1Z KELL	6 2/3 Each		283620
CEREAL FRSTD FLKS R/S BWL 96CT KELL	6 2/3 Each		388190

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 1.00

Amount Per Serving			
Calories		108.89	
Fat		1.39g	
SaturatedFat		0.17g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		137.78mg	
Carbohydrates		23.22g	
Fiber		2.11g	
Sugar		7.78g	
Protein		1.89g	
Vitamin A	422.22IU	Vitamin C	7.07mg
Calcium	75.56mg	Iron	4.80mg