

# Cookbook for Manchester Elementary School

Created by HPS Menu Planner

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# PBJ COMBO



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND PB&J GRP WGRAIN 72-2.8Z JAMWICH	100 Each	READY_TO_EAT Ready to Eat: Best if thawed in refrigerator overnight prior to eating. Welch's PB&J Jamwich is best when served within 24 hours of thawing.	194471
CHEESE STRING MOZZ IW 168-1Z LOL	100 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	100 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Package

<b>Amount Per Serving</b>	
<b>Calories</b>	480.00
<b>Fat</b>	26.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	670.00mg
<b>Carbohydrates</b>	50.00g

<b>Fiber</b>	5.00g		
<b>Sugar</b>	12.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	278.00mg	<b>Iron</b>	2.16mg

# BELGIAN WAFFLE WITH TRIX YOGURT

NO IMAGE

<b>Servings:</b>	300.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL SGR PRL 48-3.5 GINNYS	300 Each		243603
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	300 Each	READY_TO_EAT Ready to eat single serving	551760

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>		370.00	
<b>Fat</b>		14.50g	
<b>SaturatedFat</b>		6.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		20.00mg	
<b>Sodium</b>		220.00mg	
<b>Carbohydrates</b>		52.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		27.00g	
<b>Protein</b>		8.00g	
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg

<b>Calcium</b>	100.00mg	<b>Iron</b>	1.44mg
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# SEASONED, CUBED POTATOES



<b>Servings:</b>	400.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HASHBROWN CUBES SEAS CRISPY 6-6 LAMB	1200 Ounce		504122

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.52

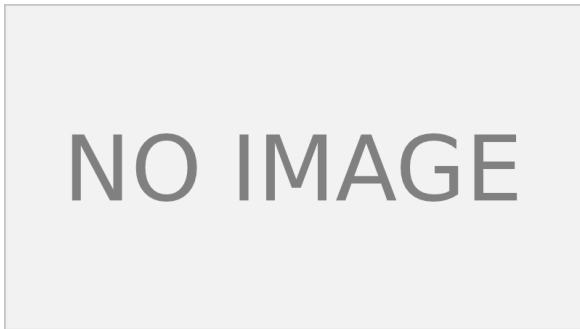
### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>		134.02	
<b>Fat</b>		6.19g	
<b>SaturatedFat</b>		1.55g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		278.35mg	
<b>Carbohydrates</b>		18.56g	
<b>Fiber</b>		2.06g	
<b>Sugar</b>		1.03g	
<b>Protein</b>		2.06g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	11.34mg	<b>Iron</b>	1.03mg

# FRESH ORANGE



<b>Servings:</b>	400.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES NAVEL/VALENCIA CHC 125-138CT	200 Cup		322326

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.50
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 400.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		36.65	
<b>Fat</b>		0.10g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		9.00g	
<b>Fiber</b>		1.85g	
<b>Sugar</b>		7.50g	
<b>Protein</b>		0.75g	
<b>Vitamin A</b>	175.42IU	<b>Vitamin C</b>	41.48mg
<b>Calcium</b>	31.19mg	<b>Iron</b>	0.08mg



# SYRUP



<b>Servings:</b>	200.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SYRUP PANCK CUP 200-1.5Z GFS	200 Each		160090

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

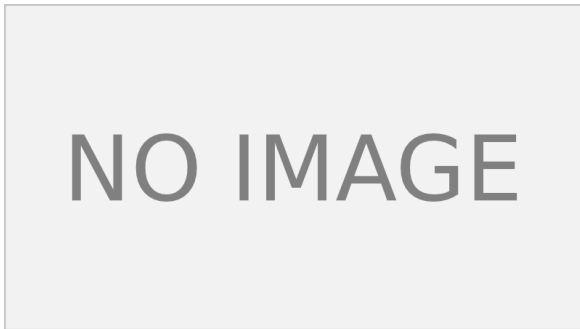
### Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		120.00	
<b>Fat</b>		0.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		0.00mg	
<b>Carbohydrates</b>		31.00g	
<b>Fiber</b>		0.00g	
<b>Sugar</b>		19.00g	
<b>Protein</b>		0.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# BUTTER



<b>Servings:</b>	300.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER CUP 720-5GM 8 GFS	300 Each		272001

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 300.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	40.00		
<b>Fat</b>	4.00g		
<b>SaturatedFat</b>	2.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	11.00mg		
<b>Sodium</b>	31.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg