

# Cookbook for Stow-Munroe Falls City Schools

Created by HPS Menu Planner

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# Assorted Fresh Fruit

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3/50 Each		200999
APPLE DELICIOUS GOLDEN 125-138CT MRKN	3/50 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	3/50 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	3/50 Each		198021
STRAWBERRY CLAMSHELL 8 MRKN	3/50 Cup		212768
KIWI 33-39CT P/L	3/50 Each		287008
PEAR 95-110CT MRKN	3/50 Ounce		198056
MELON MUSK CANTALOUPE 12CT MFC	3/50 Cup		200565

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

#### Amount Per Serving

**Calories** 26.73

**Fat** 0.09g

**SaturatedFat** 0.01g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 1.57mg

**Carbohydrates** 6.76g

**Fiber** 0.83g

**Sugar** 3.96g

**Protein** 0.40g

<b>Vitamin A</b>	33.49IU	<b>Vitamin C</b>	41.49mg
<b>Calcium</b>	8.54mg	<b>Iron</b>	0.12mg

# BBQ Chicken

<b>Servings:</b>	54.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST GRLLD CKD NAE 3Z 2-5 TYS	1 Each	<b>CONVECTION</b> Appliances vary, adjust accordingly. Convection Oven From frozen, place the breast filets on a lined (non-stick) sheet pan with a small amount of water. Completely cover with foil. Place in a pre-heated, 350°F convection oven for approximately 16-20 minutes. <b>MICROWAVE</b> Appliances vary, adjust accordingly. Microwave From frozen, place 1 or 2 filets on a microwave safe plate and cover completely with cling wrap plastic wrap. Heat in microwave on highest setting for approximately 2-3 minutes.	152121
SAUCE BBQ 5GAL SWTBRAY	1 Tablespoon		262595

## Preparation Instructions

Cook Chicken as directed. Coat chicken in bbq sauce and hold in warmer until ready to serve.

### Nutrition Facts

Servings Per Recipe: 54.00

Serving Size: 3.00

#### Amount Per Serving

**Calories** 120.65

**Fat** 2.50g

**Saturated Fat** 0.50g

**Trans Fat** 0.00g

**Cholesterol** 60.00mg

**Sodium** 322.69mg

**Carbohydrates** 1.17g

**Fiber** 0.00g

**Sugar** 0.15g

**Protein** 22.00g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 20.00mg **Iron** 0.72mg

# scrambled egg

<b>Servings:</b>	75.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	2.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD CKD W/BCN & CHS 4-5 SNYFR	2 Ounce		391902
BREAD WGRAIN HNY WHT 16-24Z GFS	1 Slice		204822
PAN COAT SPRAY BUTTERY 6-14Z VEGLN	1 Gram		827021

## Preparation Instructions

Thaw product fully prior to heating. Thaw within case 3-5 days under refrigeration or remove product from case and place on sheet trays for 24 hours, thaw under refrigeration.

Convection or Combination oven: Preheat oven to 350 degrees. Spray half size pans and remove eggs from package, place in pan and cover with aluminum foil. Cook thawed for approximately 40 minutes. From frozen state cook approximately 55 minutes. Stir eggs as needed during cooking. Cook eggs to internal temp of 160 degrees. Place in warmer till ready to serve.

Toast: Place slices of WG honey bread on sheet pans and spray with butter pan spray. Place in 300 degree convection oven and cook to personal state of browning.

### Nutrition Facts

Servings Per Recipe: 75.00

Serving Size: 2.00

#### Amount Per Serving

<b>Calories</b>	2.92		
<b>Fat</b>	0.14g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	2.27mg		
<b>Sodium</b>	5.39mg		
<b>Carbohydrates</b>	0.25g		
<b>Fiber</b>	0.03g		
<b>Sugar</b>	0.04g		
<b>Protein</b>	0.15g		
<b>Vitamin A</b>	4.18IU	<b>Vitamin C</b>	0.00mg

**Calcium** 1.40mg **Iron** 0.03mg



# HAMBURGER

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK BRGR CHARB 160-3Z ADV	1 Each	<b>BAKE</b> From thawed state: sleeve pack preparation, put a few small holes in top of bag. Place entire bag intact on sheet pan inpreheated convection oven at 375 degrees f for 45 minutes. Remove from oven and let stand 3 minutes before opening bag.	203260
4 inch whole grain hamburger buns - 30 ct	1 bun		3480

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	7.20		
<b>Fat</b>	0.32g		
<b>SaturatedFat</b>	0.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1.20mg		
<b>Sodium</b>	6.40mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.04g		
<b>Sugar</b>	0.08g		
<b>Protein</b>	0.48g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.04mg

# POTATO TRIANGLES STOW

<b>Servings:</b>	50.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO TRIANGLES 2Z 6-5 LAMB	1 Ounce		265659

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	0.98		
<b>Fat</b>	0.05g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.31mg		
<b>Carbohydrates</b>	0.12g		
<b>Fiber</b>	0.01g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.01g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.09mg	<b>Iron</b>	0.00mg

# PB&J SANDWICH & CHEESESTICK

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	360.00
<b>Fat</b>	20.00g
<b>SaturatedFat</b>	5.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	480.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	4.00g
<b>Sugar</b>	15.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 224.00mg	<b>Iron</b> 1.00mg

# SIDE SALAD

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

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CARROT SHRD MED 2-5 RSS	1 Ounce		313408
CABBAGE SHRED RED 1/8 2-3 RSS	1 Ounce		212679

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 24.51

**Fat** 0.03g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 29.81mg

**Carbohydrates** 5.42g

**Fiber** 2.39g

**Sugar** 2.33g

**Protein** 1.00g

**Vitamin A** 6.19IU **Vitamin C** 6.45mg

**Calcium** 26.76mg **Iron** 0.57mg

# YOGURT PARFAIT

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F PARFPR 6-4 YOPL	9 Ounce	READY_TO_EAT Ready to use with pouch & serving tip.	811500
CEREAL GRANOLA HNY OATS 4-44Z	1 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961
BLUEBERRIES FZ WILD IQF 30 COMM	1 Cup		764740
STRAWBERRY DCD 1/2 IQF 2-5 CHEF-RDY	1 Cup		621420

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	14.56		
<b>Fat</b>	0.24g		
<b>SaturatedFat</b>	0.05g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.11mg		
<b>Sodium</b>	3.94mg		
<b>Carbohydrates</b>	2.82g		
<b>Fiber</b>	0.27g		
<b>Sugar</b>	1.34g		
<b>Protein</b>	0.33g		
<b>Vitamin A</b>	22.50IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.50mg	<b>Iron</b>	0.06mg

# BAKED PEARS WITH OATMEAL

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD 6-10 COMM	2 #10 CAN	Filling: Drain pears.et aside 2 cups pear juice for step 8.	110690
WHOLE WHEAT FLOUR STONE GROUND	1 3/5 Pound	Topping: Combine flour, oats, brown sugar, 2 ¼ tsp cinnamon, nutmeg, and salt in a large bowl. Stir well. Set remaining cinnamon aside for step 9. Recommended to cook in batches of 25.	330094
OATS QUICK HOT CEREAL 12-42Z GFS	9 Ounce		240869
SUGAR BROWN MED 25 GFS	15 Ounce	UNSPECIFIED	108626
SPICE CINNAMON GRND 5 TRDE	2 Tablespoon		224731
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Tablespoon		224944
SALT SEA 36Z TRDE	1/2 Teaspoon		748590
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	Add margarine. Using a fork or pastry blender, cut margarine into flour until mixture has a crumbly consistency. Set aside for step	840860

## Preparation Instructions

Place 25 (about 4 lb 2 oz) pear halves core side up on a sheet pan (18 x 26 x 1) lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans. Using a No. 40 scoop, portion 2 Tbsp (about 1 oz) oatmeal topping on top of each pear.

Bake:

Conventional oven: 375 °F for 30 minutes. Convection oven: 350 °F for 20-25 minutes. Critical Control Point: Heat to 135 °F or higher. Critical Control Point: Hold for hot service at 135 °F or higher. Serve 1 medium pear or 2 small pears.

## Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

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**Amount Per Serving**

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**Calories** 100.78

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**Fat** 0.64g

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**SaturatedFat** 0.17g

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**Trans Fat** 0.00g

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**Cholesterol** 0.00mg

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**Sodium** 29.45mg

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**Carbohydrates** 24.02g

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**Fiber** 2.99g

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**Sugar** 13.62g

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**Protein** 1.20g

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**Vitamin A** 10.00IU      **Vitamin C** 0.00mg

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**Calcium** 1.33mg      **Iron** 0.37mg

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# ASSORTED FRUIT CUPS

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
PEACH CUP 96-4.4Z COMM	1 Each		232470
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each		726570
PEAR DCD CUP 72-4.5Z ZEE ZEE	1 Each		136752
FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG	1 Ounce		731041
APPLESAUCE MANG PCH CUP 96-4.5Z P/L	1		849531
APPLESAUCE STRAWB BAN CUP 96-4.5Z	1 Each		726560
APPLESAUCE UNSWT 96-4.5Z COMM	1 Each	READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature.	527682
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each		136701

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 10.98

**Fat** 0.00g

**SaturatedFat** 0.00g



<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.74mg		
<b>Carbohydrates</b>	2.74g		
<b>Fiber</b>	0.12g		
<b>Sugar</b>	2.27g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	4.80mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

# 1.5 OZ DRESSINGS

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DRESSING RNCH LT 60-1.5FLZ LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	745371
DRESSING ITAL LT PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135871
DRESSING HNY MSTRD PKT 102-1Z LTHSE	1 Each	READY_TO_EAT Use as a dressing or dip	135581
DRESSING GRK PKT 60-1.5Z LTHSE	1 Each	READY_TO_EAT Open, pour and enjoy!	135971
DRESSING SESM TSTD FF 60-1.5FLZ PMLL	1 Each		825030

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 11.40

**Fat** 0.92g

**SaturatedFat** 0.14g

**Trans Fat** 0.00g

**Cholesterol** 0.40mg

**Sodium** 34.20mg

**Carbohydrates** 0.76g

**Fiber** 0.00g

**Sugar** 0.58g

**Protein** 0.04g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

<b>Calcium</b>	0.20mg	<b>Iron</b>	0.00mg
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# CONDIMENTS

<b>Servings:</b>	50.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
KETCHUP PKT LO SOD 1000-9GM REDG	1 Each	READY_TO_EAT None	634610
MUSTARD PKT 500-5.5GM GFS	1 1ea=5.5gm	READY_TO_EAT None	700051
MAYONNAISE LT PKT 200-12GM GFS	1 12 gm	READY_TO_EAT None	188741
SAUCE BBQ PKT 200-12GM PPI	1 Each	READY_TO_EAT None	772080
SOUR CREAM IMIT PKT 100-1Z DSTAR	1 Each	READY_TO_EAT Ready to Eat or used as an ingredient	698731
SAUCE TACO MILD PKT 200-9GM GFS	1 Each	READY_TO_EAT None	192007
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each	READY_TO_EAT None	499521
CARAMEL DIP L/F CUP 200-1Z LTHSE	1 Ounce	READY_TO_EAT Open, pour and enjoy!	450430
SAUCE HNY MSTRD LT DIP CUP 100-1Z	1 Each	READY_TO_EAT None	499410
SAUCE BBQ CUP DUNK LO SOD 250-1Z REDG	1 Each	READY_TO_EAT None	141201

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

**Amount Per Serving**

<b>Calories</b>	8.22		
<b>Fat</b>	0.42g		
<b>SaturatedFat</b>	0.11g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.50mg		
<b>Sodium</b>	16.82mg		
<b>Carbohydrates</b>	1.04g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.68g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	1.60IU	<b>Vitamin C</b>	0.05mg
<b>Calcium</b>	0.40mg	<b>Iron</b>	0.00mg

# CEREAL BOWLS HS

<b>Servings:</b>	20.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 1 oz	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265803
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>		17.00	
<b>Fat</b>		0.20g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		22.00mg	
<b>Carbohydrates</b>		3.65g	
<b>Fiber</b>		0.30g	
<b>Sugar</b>		1.35g	
<b>Protein</b>		0.30g	
<b>Vitamin A</b>	50.50IU	<b>Vitamin C</b>	1.10mg
<b>Calcium</b>	10.50mg	<b>Iron</b>	1.70mg

# ASSORTED FRUIT JUICES

<b>Servings:</b>	50.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 96-4FLZ COMM	1		939854
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each		135460
JUICE APPL 100 FZ 72-4FLZ SNCUP	1 Each		135440

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 2.80

**Fat** 0.00g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.00mg

**Sodium** 0.50mg

**Carbohydrates** 0.66g

**Fiber** 0.00g

**Sugar** 0.60g

**Protein** 0.00g

**Vitamin A** 0.00IU **Vitamin C** 20.02mg

**Calcium** 0.40mg **Iron** 0.00mg

# TERIYAKI CHICKEN

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX STRP TERYK 6-7.15	1 Ounce		890911
RICE BRN PARBL WGRAIN 25 GCHC	1 Cup	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	14.62		
<b>Fat</b>	0.10g		
<b>SaturatedFat</b>	0.01g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.37mg		
<b>Sodium</b>	2.91mg		
<b>Carbohydrates</b>	3.06g		
<b>Fiber</b>	0.16g		
<b>Sugar</b>	0.10g		
<b>Protein</b>	0.43g		
<b>Vitamin A</b>	0.70IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.14mg	<b>Iron</b>	0.07mg



# ASSORTED VEGGIE STICKS

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI FLORETS 6-4 GFS	1 Each		610902
CUCUMBER SELECT SUPER 45 MRKN	1 Cup		198587
CARROT BABY WHL CLEANED 12-2 RSS	1 Ounce		510637
CELERY STIX 4-3 RSS	1 Cup		781592
CAULIFLOWER BITE SIZE 2-3 RSS	1 Cup		732486

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	3.63		
<b>Fat</b>	0.03g		
<b>SaturatedFat</b>	0.02g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	7.95mg		
<b>Carbohydrates</b>	0.68g		
<b>Fiber</b>	0.29g		
<b>Sugar</b>	0.35g		
<b>Protein</b>	0.19g		
<b>Vitamin A</b>	226.04IU	<b>Vitamin C</b>	3.21mg
<b>Calcium</b>	4.78mg	<b>Iron</b>	0.05mg

# TRIX YOGURT

<b>Servings:</b>	20.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

#### Amount Per Serving

**Calories** 12.00

**Fat** 0.08g

**SaturatedFat** 0.00g

**Trans Fat** 0.00g

**Cholesterol** 0.75mg

**Sodium** 9.00mg

**Carbohydrates** 2.25g

**Fiber** 0.00g

**Sugar** 1.35g

**Protein** 0.60g

**Vitamin A** 0.00IU **Vitamin C** 0.00mg

**Calcium** 15.00mg **Iron** 0.00mg

# CUCUMBERS & DIP

<b>Servings:</b>	20.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CUCUMBER SDLSS 12-1CT P/L	1 Cup		532312
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

## Preparation Instructions

No Preparation Instructions available.

### Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

#### Amount Per Serving

<b>Calories</b>	3.89		
<b>Fat</b>	0.31g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.25mg		
<b>Sodium</b>	6.30mg		
<b>Carbohydrates</b>	0.35g		
<b>Fiber</b>	0.02g		
<b>Sugar</b>	0.20g		
<b>Protein</b>	0.02g		
<b>Vitamin A</b>	2.73IU	<b>Vitamin C</b>	0.07mg
<b>Calcium</b>	0.42mg	<b>Iron</b>	0.01mg