

# **Cookbook for HPTS ELE**

**Created by HPS Menu Planner**

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# Trix Yogurt Meal

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1825

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	READY_TO_EAT Ready to eat single serving	551760
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168-1Z	1 Each		786830
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Each		736280

## Preparation Instructions

At service time place yogurt , cheese stick, muffin and goldfish crackers on tray. ( Or prep ahead in a Zip Lock, Box, etc.)

### 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: 1.00

Serving Size: 1.00 1 meal

Amount Per Serving			
<b>Calories</b>	430.00		
<b>Fat</b>	16.00g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	45.00mg		
<b>Sodium</b>	505.00mg		
<b>Carbohydrates</b>	55.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	23.00g		
<b>Protein</b>	17.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	468.00mg	<b>Iron</b>	2.00mg

# Grab and Go Lunch Box

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 1 meal	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-1827

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy- to-serve bowl.	265811
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CHEESE STIX CHED MLD R/F IW 168- 1Z	2 Each		786830

## Preparation Instructions

Prepare ahead in grab and go box: cereal, muffin and 2 cheese sticks. Offer Fruit and Veg on the salad bar, or place in box for convenience. Students are required to take a half cup equivalent.

### 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: 1.00

Serving Size: 1.00 1 meal

<b>Amount Per Serving</b>			
<b>Calories</b>	450.00		
<b>Fat</b>	20.00g		
<b>SaturatedFat</b>	9.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	60.00mg		
<b>Sodium</b>	675.00mg		
<b>Carbohydrates</b>	49.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	24.00g		
<b>Protein</b>	19.00g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	6.00mg
<b>Calcium</b>	522.00mg	<b>Iron</b>	5.50mg

# Variety Oatmeal with Scooby Snacks

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11582

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATMEAL INST VAR PACK 52CT QUAK	1 Each		756511
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package		859550

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.94
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	280.00		
<b>Fat</b>	5.68g		
<b>SaturatedFat</b>	1.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	335.00mg		
<b>Carbohydrates</b>	53.25g		
<b>Fiber</b>	4.33g		
<b>Sugar</b>	19.25g		
<b>Protein</b>	6.00g		
<b>Vitamin A</b>	1083.33IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	160.00mg	<b>Iron</b>	3.18mg