

Cookbook for WOODLAND

Created by HPS Menu Planner

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Assorted Fresh Fruit

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8791

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	3/50 Each		200999
APPLE DELIC GLDN 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 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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.21
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	35.03		
Fat	0.10g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.73mg		
Carbohydrates	9.01g		
Fiber	1.28g		
Sugar	5.42g		
Protein	0.46g		
Vitamin A	36.72IU	Vitamin C	41.77mg
Calcium	9.91mg	Iron	0.15mg

PB&J SANDWICH & CHEESESTICK

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8874

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.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
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: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories	360.00		
Fat	19.00g		
SaturatedFat	5.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	480.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	16.00g		
Protein	16.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	238.00mg	Iron	1.00mg

SIDE SALAD

NO IMAGE

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8889

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.29
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories	22.44		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	25.25mg		
Carbohydrates	4.50g		
Fiber	1.98g		
Sugar	2.42g		
Protein	1.09g		
Vitamin A	4761.74IU	Vitamin C	8.18mg
Calcium	26.62mg	Iron	0.34mg

Mac & Cheese

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8901

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC & CHS WGRAIN 6-5 LOL	1 Ounce	BAKE	527582
Dinner roll whole grain	1		

Preparation Instructions

6 ounce serving.

White dipper - or - 1/2 cup dipper heaping

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	3.50
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	196.67
Fat	4.33g
SaturatedFat	1.33g
Trans Fat	0.00g
Cholesterol	9.17mg
Sodium	246.67mg
Carbohydrates	32.83g
Fiber	0.33g
Sugar	1.00g

Protein	2.83g		
Vitamin A	125.00IU	Vitamin C	0.00mg
Calcium	66.67mg	Iron	0.18mg

ASSORTED FRUIT CUPS

NO IMAGE

Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9135

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 ZEES	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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.07
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	10.38		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.74mg		
Carbohydrates	2.64g		
Fiber	0.16g		
Sugar	2.19g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.44mg	Iron	0.00mg

1.5 OZ DRESSINGS

NO IMAGE

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9137

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.

Meal Components (SLE)

Amount Per Serving

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

Starch

0.00

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 32.20mg

Carbohydrates 0.76g

Fiber 0.00g

Sugar 0.60g

Protein 0.02g

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

Calcium 0.66mg **Iron** 0.00mg

CONDIMENTS

NO IMAGE

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9141

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.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	8.17		
Fat	0.43g		
SaturatedFat	0.14g		
Trans Fat	0.00g		
Cholesterol	0.46mg		
Sodium	17.16mg		
Carbohydrates	1.04g		
Fiber	0.01g		
Sugar	0.68g		
Protein	0.03g		
Vitamin A	1.79IU	Vitamin C	0.05mg
Calcium	0.99mg	Iron	0.00mg

CEREAL BOWLS HS

NO IMAGE

Servings:	20.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9195

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.15
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving

Calories	17.00
Fat	0.23g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	22.00mg
Carbohydrates	3.65g
Fiber	0.30g
Sugar	1.35g

Protein		0.30g	
Vitamin A	25.00IU	Vitamin C	0.30mg
Calcium	15.00mg	Iron	0.68mg

ASSORTED FRUIT JUICES



Servings:	50.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9196

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.02
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

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	1.22mg
Calcium	0.40mg	Iron	0.00mg

ASSORTED VEGGIE STICKS



Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9457

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.05
RedVeg	0.01
OtherVeg	0.15
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving	
Calories	5.22
Fat	0.02g
SaturatedFat	0.01g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	11.47mg
Carbohydrates	1.03g
Fiber	0.55g
Sugar	0.47g

Protein	0.42g		
Vitamin A	359.40IU	Vitamin C	2.61mg
Calcium	8.30mg	Iron	0.10mg

ASSORTED YOGURT

NO IMAGE

Servings:	20.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9458

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.

Meal Components (SLE)

Amount Per Serving

Meat	0.15
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving	
Calories	12.00
Fat	0.15g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.75mg
Sodium	9.75mg
Carbohydrates	2.25g
Fiber	0.00g
Sugar	1.35g
Protein	0.60g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 21.00mg **Iron** 0.00mg

CELERY AND DIP

NO IMAGE

Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9459

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CELERY STIX 4-3 RSS	1 Cup		781592
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories	5.00		
Fat	0.30g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	14.25mg		
Carbohydrates	0.55g		
Fiber	0.20g		
Sugar	0.35g		
Protein	0.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

APPLE CRISP

NO IMAGE

Servings:	50.00	Category:	Condiments or Other
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9462

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Pound	Topping: Combine 1 1/3 cups 1 Tbsp 2 tsp (about 6.4 oz) flour, oats, sugar, 2 1/4 tsp cinnamon, nutmeg, and salt in a large bowl. Stir well.	330094
OATS QUICK HOT CEREAL 12-42Z GCHC	9 Ounce		240869
SUGAR BROWN MED 25 GFS	1 1/5 Pound		108626
SPICE CINNAMON GRND 15Z TRDE	1 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	1 1/2 Tablespoon	2. Set remaining flour aside for step 4. Set remaining cinnamon aside for step 4. Recommended to cook in batches of 25.	224944
MARGARINE GLDN SWT ZTF 30-1 GLDSWT	1 Pound	3. Add margarine. Using a fork or pastry blender, cut margarine into flour until mixture has a crumbly consistency. Set aside for step 7.	840860
SUGAR CANE GRANUL 25 GFS	1 Teaspoon	4. Filling: Combine remaining flour, remaining cinnamon, 1.5 CUPS water, and sugar in a large bowl. Stir well.	108642
APPLE SLCD 6-10 COMM	1 #10 CAN		120500

Preparation Instructions

6. Pour 3 qt (about 6 lb) filling into a steam table pan (12" x 20" x 2 1/2").
For 50 servings, use 2 pans. For 100 servings, use 4 pans.

7. Sprinkle 3 3/4 cups (about 1 lb 7 oz) topping over each pan.

8. Bake:

Conventional oven: 375 °F for 55-60 minutes. Convection oven: 350 °F for 45-50 minutes.

9. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.34
Fruit	0.26
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00

Amount Per Serving

Calories	59.92		
Fat	0.64g		
SaturatedFat	0.17g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.45mg		
Carbohydrates	12.48g		
Fiber	1.93g		
Sugar	4.83g		
Protein	1.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.25mg	Iron	0.36mg

CARROTS & DIP



Servings:	20.00	Category:	Vegetable
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RANCH LT DIP CUP 100-1Z FLAVOR FRESH	1 Each		499521
CARROT BABY WHL PETITE 4-5 RSS	1 Ounce		768146

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.05
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 1.00

Amount Per Serving			
Calories	4.08		
Fat	0.30g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.25mg		
Sodium	7.23mg		
Carbohydrates	0.38g		
Fiber	0.04g		
Sugar	0.22g		
Protein	0.01g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.44mg	Iron	0.00mg

BBQ RIBBER

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9475

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK RIB-Q CN 160-2.4Z COMM	1 Each	BAKE Conventional oven: from frozen state, bake ribs on a pan in a preheated conventional oven at 350 degree f for 15 minutes. Convection oven: from a frozen state, bake ribs on a pan in a preheated convection oven at 350 for 12 minutes. Microwave: microwave on high for approximately 2 minutes. Microwaveovens vary.	108980
SAUCE BBQ 6-80FLZ SWTBRAY	1 Tablespoon		212071
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	1 Each		517810

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving

Calories 305.00

Fat 9.00g

SaturatedFat 3.00g

Trans Fat 0.00g

Cholesterol 40.00mg

Sodium 735.00mg

Carbohydrates 37.50g

Fiber 5.00g

Sugar 14.00g

Protein 18.00g

Vitamin A 300.00IU **Vitamin C** 1.20mg

Calcium 83.00mg **Iron** 2.26mg

ASSORTED APPLESAUCES

NO IMAGE

Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-10388

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z COMM	1 Each		136711
APPLESAUCE CHERRY CUP 96-4.5Z COMM	1 Each		726570
APPLESAUCE CINNAMON 96- 4.5Z COMM	1 Each	READY_TO_EAT Chill for 2 hours prior to serving.	645060
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580
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 STRAWB BAN CUP 96-4.5Z	1 Each		726560
APPLESAUCE WILD WTRMLN 96-4.5Z COMM	1 Each		136701

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00

Fruit	3.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00
Serving Size: 1.00

Amount Per Serving

Calories	471.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	52.00mg
Carbohydrates	123.00g
Fiber	7.00g
Sugar	102.00g
Protein	0.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	31.00mg	Iron	0.00mg