

# **Cookbook for Otsego Elementary**

**Created by HPS Menu Planner**

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# MUFFIN SACK LUNCH

<b>Servings:</b>	120.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-19156
<b>School:</b>	Otsego Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
72-1.94Z MUFFIN BANANA WGRAIN 50207	120		151561
Mozz String Cheese	120 stick		347211
Mixmi Frozen Yogurt - Vanilla	120 Ounce	READY_TO_EAT Ready to eat.	94801
100% Fruit Juice	120 Each	READY_TO_DRINK	

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.08
<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: 120.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	176.67		
<b>Fat</b>	7.33g		
<b>SaturatedFat</b>	5.17g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	21.67mg		
<b>Sodium</b>	208.33mg		
<b>Carbohydrates</b>	18.67g		
<b>Fiber</b>	0.67g		
<b>Sugar</b>	14.33g		
<b>Protein</b>	7.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	1.67mg	<b>Iron</b>	0.67mg

# Dark Green Side Salad

<b>Servings:</b>	36.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-18399
<b>School:</b>	Otsego Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CLND 2-5 RSS	1 Cup	Wash, Drain, and chop 4 pounds of romaine lettuce and place 1 cup in an 8 oz tray	702609
TOMATO 5X6 XL 25 MRKN	1/4 Cup	Wash and dice 2 pounds of tomatoes adding 1/4 of a cup to lettuce	206032
CARROT BABY WHL MED 12-2 GCHC	1/8 Cup	Wash, drain, and chop 1.1 pounds of carrots and add 1/8 of a cup to lettuce and tomato	273902

## Preparation Instructions

Measures/Weights/Servings were calculated according to the Food Buying Guide. Critical temperature: 40\*

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.50
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 36.00

Serving Size: 0.50 Cup

#### Amount Per Serving

<b>Calories</b>	0.65		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.33mg		
<b>Carbohydrates</b>	0.14g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	0.08g		
<b>Protein</b>	0.04g		
<b>Vitamin A</b>	10.41IU	<b>Vitamin C</b>	0.17mg
<b>Calcium</b>	0.57mg	<b>Iron</b>	0.01mg

# Assorted Fresh Fruit

<b>Servings:</b>	100.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-20613
<b>School:</b>	Otsego Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	20 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	20 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	20 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	20 Each		198021
PEAR 95-110CT MRKN	20 Ounce		198056

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.90
<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: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	94.56		
<b>Fat</b>	0.22g		
<b>SaturatedFat</b>	0.04g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.90mg		
<b>Carbohydrates</b>	24.40g		
<b>Fiber</b>	3.54g		
<b>Sugar</b>	13.60g		
<b>Protein</b>	1.10g		
<b>Vitamin A</b>	111.73IU	<b>Vitamin C</b>	20.69mg
<b>Calcium</b>	24.12mg	<b>Iron</b>	0.40mg