

Cookbook for Highland Middle School

Created by HPS Menu Planner

Table of Contents

STOH Chef Salad - Middle School

Assorted Canned Fruit

Asst Fresh Fruit (Banana)

Hamburger on Bun

Yogurt & Granola Bar Meal

Cereal and Muffin Meal

Cereal & Poptart Meal

Cereal & Granola Bar Meal

Poptart and Cheese Stick

Spicy Popcorn Chicken and Wheat Bread

Ravioli & Garlic Toast

Chicken Nuggets and WG Bread

Sunshine Lunch

Turkey Deli Sandwich Meal

Romaine Salad Mix

STOH Chef Salad - Middle School



Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9308
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HRTS 2-7.5 MRKN	2 Cup		182570
Grape Tomatoes	6 Each		749041
CHIX BRST PTY FC 100-3.1Z TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 12-14 minutes at 350°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 9-11 minutes at 350°F from frozen. MICROWAVE Appliances vary, adjust accordingly. Microwave Microwave on full power for 2 minutes from frozen.	209244
CHEESE PARM IMIT GRTD 2-5 SCHRBR	1 Teaspoon		595101
DRESSING ITAL REDC CAL 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	365880
DRESSING RNCH LT 4-1GAL GCHC	1 Tablespoon		472999
DRESSING FREN RED RNCH 4-1GAL LTHSE	1 Tablespoon	READY_TO_EAT Open, pour and enjoy!	132171

Description	Measurement	Prep Instructions	DistPart #
Dinner Roll (Alpha Baking)	2	RTE	
MARGARINE CUP SPRD 600-5GM PROMISE	1 Each		462608

Preparation Instructions

For salad prep

1. Cut, wash and drain romaine
2. Place 2 cup romaine in clam shell/black salad container
3. Wash cherry tomatoes
3. Top with 6-8 cherry tomatoes

For grilled chicken prep

1. Steam grilled chicken breasts until internal temp of 165 is reached.
2. Cut chicken into bite size pieces
3. Place on top of salad bed

If desired - Sprinkle Parmesan cheese on top of salad

CCP: Hold at 41F or lower

If being held for over 24 hours date mark 3 days

Offer with dressing & two WG dinner rolls (2oz grain)

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	1.00
RedVeg	2.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	486.67		
Fat	17.75g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	1338.33mg		
Carbohydrates	56.17g		
Fiber	4.50g		
Sugar	15.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.00mg	Iron	0.72mg

Assorted Canned Fruit



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9314
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD XL/S 6-10 P/L	1/2 Cup	Wash hands. Put on clean gloves. Open #10 cans. Drain liquid first or use slotted spoon to portion into 1.2 cup portions into 5 oz plastic cups. Place filled cups on tray, slide tray on rolling rack and refrigerate until service.	256760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	50.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	14.00g
Fiber	1.00g
Sugar	13.00g
Protein	0.00g
Vitamin A	300.00IU
Vitamin C	3.60mg

Calcium 0.00mg **Iron** 0.36mg

Asst Fresh Fruit (Banana)



Servings:	1.00	Category:	Fruit
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9315
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.50
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	105.00		
Fat	0.40g		
SaturatedFat	0.10g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.20mg		
Carbohydrates	27.00g		
Fiber	3.10g		
Sugar	14.00g		
Protein	1.30g		
Vitamin A	75.52IU	Vitamin C	10.27mg
Calcium	5.90mg	Iron	0.31mg

Hamburger on Bun



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9519
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hamburger Bun 4in - Wheat	1 Each		51070
BEEF BRGR CKD CHARB CN 81-3.1Z GFS	1 Each	BAKE 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.	100660
KETCHUP CAN NAT LO SOD 6-10 REDG	1 Tablespoon	READY_TO_EAT None	200621
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

Preparation Instructions

Wash hands and put on gloves.

Place hamburgers from frozen state in 4 inch large black pan with baking sheet. 50 hamburgers per pan.

Add about 1/2 inch water and cover with paper and foil.

Place in steamer for about 25 minutes or until the patties reach an internal temp of 165 degrees. Check patties and cook for additional time if needed.

Drain and dispose of liquid.

Place cooked patty inside fresh or thawed buns, wrap in foil wrappers. Single in steam table pan and hot hold until service.

Serve with lettuce, tomato, mustard, ketchup and pickle.

Meal Components (SLE)

Amount Per Serving

Meat	2.75
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	417.90		
Fat	22.77g		
SaturatedFat	8.47g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	885.00mg		
Carbohydrates	29.66g		
Fiber	2.37g		
Sugar	7.32g		
Protein	20.72g		
Vitamin A	5.95IU	Vitamin C	0.00mg
Calcium	2.90mg	Iron	2.86mg

Yogurt & Granola Bar Meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9598
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Serving	RTE, keep refrigerated	885750
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each	RTE	526283

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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 Each

Amount Per Serving	
Calories	210.00
Fat	4.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	135.00mg
Carbohydrates	37.00g
Fiber	1.00g
Sugar	19.00g
Protein	6.00g
Vitamin A	0.00IU
Vitamin C	0.00mg

Calcium 161.00mg **Iron** 1.00mg

Cereal and Muffin Meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9599
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	READY_TO_EAT	262343

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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 Each

Amount Per Serving	
Calories	290.00
Fat	7.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	225.00mg
Carbohydrates	52.00g
Fiber	4.00g
Sugar	22.00g
Protein	5.00g

Vitamin A	14.41IU	Vitamin C	0.05mg
Calcium	112.76mg	Iron	5.83mg

Cereal & Poptart Meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9600
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	READY_TO_EAT	452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
Grain	2.25
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 Each

Amount Per Serving	
Calories	310.00
Fat	5.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	60.00g
Fiber	6.00g
Sugar	21.00g
Protein	4.00g

Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	190.00mg	Iron	4.30mg

Cereal & Granola Bar Meal

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9602
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	Ready To Eat	283620
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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 Each

Amount Per Serving	
Calories	250.00
Fat	5.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	235.00mg
Carbohydrates	47.00g
Fiber	3.00g
Sugar	17.00g
Protein	4.00g
Vitamin A	0.00IU
Vitamin C	6.00mg

Calcium 11.00mg **Iron** 2.80mg

Poptart and Cheese Stick

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9621
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
Grain	1.25
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 Each

Amount Per Serving

Calories	270.00		
Fat	9.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	400.00mg		
Carbohydrates	39.00g		
Fiber	3.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	700.00IU	Vitamin C	0.00mg

Calcium 300.00mg **Iron** 1.80mg

Spicy Popcorn Chicken and Wheat Bread



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9623
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN BITES HOT&SPCY WGRAIN 4-8	1 Serving	BAKE Appliances vary, adjust accordingly. Conventional Oven 8-10 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen. UNPREPARED	327130
School White Wheat Sandwich Bread	1 Slice		12385

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 Serving

Amount Per Serving

Calories 320.30

Fat 15.17g

SaturatedFat 2.90g

Trans Fat 0.00g

Cholesterol 21.82mg

Sodium 524.57mg

Carbohydrates 29.06g

Fiber 3.36g

Sugar 2.59g

Protein 16.57g

Vitamin A 0.01IU **Vitamin C** 0.00mg

Calcium 57.77mg **Iron** 2.85mg

Ravioli & Garlic Toast



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9624
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAVIOLI FORT/ENRICHED 6-10 CHBOY	1 Serving	<p>HEAT_AND_SERVE Wash Hands. Empty Beef Ravioli in Meat Sauce into a half size steam table pan and cover tightly with aluminum foil or use plastic wrap for steamer application. Steam in pressure or convection oven at 350 degrees for approximately 30 minutes until serving temperature of 165 degrees is obtained.</p>	496286
BREAD GARL TST SLC WGRAIN 12-12CT	1 Slice	<p>BAKE Preheat oven to 450 degrees Fahrenheit. Place frozen toast on nonstick baking sheet. Heat for 4-5 minutes or until heated through. GRIDDLE_FRY Place toast in skillet on medium heat. Heat each side 2 minutes or until heated through. GRILL Place toast on grill. Heat each side for 30 seconds or until heated through.</p>	277862

Preparation Instructions

Store remaining portions in tightly sealed shallow plastic container or storage bag. Date stamp accordingly and

refrigerate or freeze.

Thaw under refrigeration. YIELD 13 portions averaging 8.31 oz. each.

Serving suggestion: Cheesy Beef Ravioli: Sprinkle with shredded mozzarella cheese. Heat in oven until cheese is melted and temp reaches 165 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.50
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	340.00
Fat	11.50g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	750.00mg
Carbohydrates	40.00g
Fiber	5.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 300.00IU	Vitamin C 0.00mg
Calcium 44.00mg	Iron 3.70mg

Chicken Nuggets and WG Bread



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9627
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST CHNK HMSTYL CKD 535-.78Z	1 Serving		150220
School White Wheat Sandwich Bread	1 Slice		12385

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 Serving

Amount Per Serving

Calories 344.38

Fat 17.24g

SaturatedFat 3.92g

Trans Fat 0.00g

Cholesterol 68.75mg

Sodium 653.65mg

Carbohydrates 23.95g

Fiber 2.43g

Sugar 1.50g

Protein 22.39g

Vitamin A 0.01IU **Vitamin C** 0.00mg

Calcium 30.84mg **Iron** 1.92mg

Sunshine Lunch

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9651

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Serving	READY_TO_EAT	885750
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280
Baby Carrots	4 Ounce		
GRAPES GREEN SEEDLESS 17AVG	1/2 Cup		197858

Preparation Instructions

Wash carrots and grapes. Assemble container with one yogurt, one cheese stick, 2 pkg gold fish crackers, 4 oz baby carrots and 4 oz grapes.

Credits for 2m/ma; 2 grains , 1/2 cup red/orange and 1/2 cup fruit

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.50
GreenVeg	0.00
RedVeg	6.00
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	686.27
Fat	14.27g
SaturatedFat	5.07g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	1041.66mg
Carbohydrates	113.67g
Fiber	18.73g
Sugar	55.33g
Protein	14.53g
Vitamin A 284.00IU	Vitamin C 3.36mg
Calcium 401.76mg	Iron 1.69mg

Turkey Deli Sandwich Meal



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-9652

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diamond Jim's - Wheat	1 Each	READY_TO_EAT	31454
TURKEY BRST SKNLS CKD 2-9AVG JENNO	3 Ounce		442763
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice		150260
TOMATO 5X6 XL 5 MRKN	1 Slice		438197
LETTUCE LEAF 12CT MRKN	1 Piece		198668
DRESSING SALAD LT 4-1GAL GCHC	1 Tablespoon		429422
MUSTARD YELLOW CLSC 4-105FLZ FRENC	1 Teaspoon		741270
PICKLE DILL SLCD HAMB 2900CT 5GAL	1 Ounce		149209

Preparation Instructions

Thaw meat under refrigeration for 2-3 days.

Slice ham and/or turkey as needed

Portion 3 ounces of turkey and place on hoagie. Add 1 slice american cheese. Chill in refrigerator until ready to serve. Offer with lettuce, tomato, pickle and condiments.

Meal Components (SLE)

Amount Per Serving

Meat	2.05
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.04
OtherVeg	0.10
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		277.83	
Fat		10.13g	
SaturatedFat		3.58g	
Trans Fat		0.00g	
Cholesterol		53.59mg	
Sodium		1733.96mg	
Carbohydrates		32.90g	
Fiber		2.54g	
Sugar		7.45g	
Protein		22.68g	
Vitamin A	218.43IU	Vitamin C	1.03mg
Calcium	151.56mg	Iron	2.04mg

Romaine Salad Mix



Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9653
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE HERITAGE BLND 4-2	1 Cup		165761
CUCUMBER SELECT 6CT MRKN	2 Slice		592323
PEPPERS GREEN LRG 5 MRKN	1 Ounce		592315
TOMATO GRAPE SWT 10 MRKN	2 Ounce		129631

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	0.25
OtherVeg	0.25
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 1.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	18.68		
Fat	0.15g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.94mg		
Carbohydrates	3.46g		
Fiber	1.49g		
Sugar	2.46g		
Protein	1.19g		
Vitamin A	450.59IU	Vitamin C	21.32mg
Calcium	16.81mg	Iron	0.42mg