

# **Cookbook for LaSalle**

**Created by HPS Menu Planner**

# Table of Contents

**Choice of Pop-Tart**

**Assorted Cereal Bars**

**Choice of Cereal**

**Variety of Juice**

# Choice of Pop-Tart

<b>Servings:</b>	2.00	<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-22947
<b>School:</b>	LaSalle		

## Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	452062
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	695890

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<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: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	185.00		
<b>Fat</b>	2.75g		
<b>SaturatedFat</b>	1.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	195.00mg		
<b>Carbohydrates</b>	38.00g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	2.50g		
<b>Vitamin A</b>	500.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	115.00mg	<b>Iron</b>	1.80mg

# Assorted Cereal Bars

<b>Servings:</b>	27.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11300
<b>School:</b>	LaSalle		

## Ingredients

Description	Measurement	DistPart #
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	4 1/2 Each	265901
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	4 1/2 Each	268690
BAR CEREAL CINN TST WGRAIN 96-1.42Z	4 1/2 Each	265891
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	4 1/2 Each	265921
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	4 1/2 Each	282431
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	4 1/2 Each	209761

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<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: 27.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	156.67		
<b>Fat</b>	3.67g		
<b>SaturatedFat</b>	0.33g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	124.17mg		
<b>Carbohydrates</b>	29.50g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	9.83g		
<b>Protein</b>	2.17g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	200.00mg	<b>Iron</b>	1.55mg

# Choice of Cereal

<b>Servings:</b>	65.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-11299
<b>School:</b>	Emmons		

## Ingredients

Description	Measurement	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	5 5/12 Each	509434
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	5 5/12 Package	265782
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	5 5/12 Each	509396
CEREAL FRSTD MINI WHE BWL 96CT KELL	5 5/12 Each	662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	5 5/12 Package	265811
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	5 5/12 Package	265803
CEREAL CINN TOAST R/S BWL 96CT GENM	5 5/12 Each	365790
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	5 5/12 Each	283620
CEREAL COCOA PUFFS WGRAIN R/S 96CT	5 5/12 Each	270401
CEREAL FRSTD MINI WHE CHOC BWL 96CT	5 5/12 Each	805630
CEREAL FRSTD FLKS R/S BWL 96CT KELL	5 5/12 Each	388190
CEREAL FRSTD FLKS CHOC WGRAIN 96CT	5 5/12 Each	618902

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

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

<b>Nutrition Facts</b>			
Servings Per Recipe: 65.00			
Serving Size: 1.00 Each			
<b>Amount Per Serving</b>			
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<b>Calories</b>	112.50		
<b>Fat</b>	1.17g		
<b>SaturatedFat</b>	0.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	150.00mg		
<b>Carbohydrates</b>	24.58g		
<b>Fiber</b>	2.17g		
<b>Sugar</b>	7.92g		
<b>Protein</b>	2.00g		
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<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	58.33mg	<b>Iron</b>	4.01mg
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# Variety of Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-22943
<b>School:</b>	Emmons		

## Ingredients

Description	Measurement	DistPart #
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each	118921
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each	118940
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	118930

## 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>	0.50
<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: 3.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	63.33		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	6.67mg		
<b>Carbohydrates</b>	15.33g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	14.00g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	20.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg