

Cookbook for Diocese of Lexington

Created by HPS Menu Planner

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ASSORTED YOGURT



Servings:	1.000	Category:	Condiments or Other
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26064
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	0/1 Each	READY_TO_EAT Ready to eat single serving	551770
YOGURT CHERRY TRPL L/F 48-4Z TRIX	0/1 Each	READY_TO_EAT Ready to eat single serving	186911
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	0/1 Each	READY_TO_EAT Ready to eat single serving	551760
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	0/1 Each	READY_TO_EAT READY_TO_EAT	869921
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	0/1 Each	READY_TO_EAT READY_TO_EAT	885750

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: 1.000			
Serving Size: 4.00 Ounce			
Amount Per Serving			
Calories	7.92		
Fat	0.03g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.31mg		
Sodium	6.56mg		
Carbohydrates	1.52g		
Fiber	0.00g		
Sugar	0.98g		
Protein	0.42g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	15.00mg	Iron	0.00mg

Pancakes



Servings:	1.000	Category:	Entree
Serving Size:	3.03 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26408
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	0/1 Package		284831
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	0/1 Package		284841
PANCAKE MINI CONFET 72-3.03Z EGGO	0/1 Package		395303
PANCAKE MAPL WGRAIN IW 72- 3.17Z PILLS	0/1 Package	<p>READY_TO_EAT Heat & Serve. Heat frozen pancakes in ovenable pouch. Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 8-10 minutes.*Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 13-15 minutes.*Microwave: Heat for 45 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.</p>	269220

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: 1.000

Serving Size: 3.03 Ounce

Amount Per Serving

Calories	11.94		
Fat	0.35g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.28mg		
Sodium	12.50mg		
Carbohydrates	1.99g		
Fiber	0.14g		
Sugar	0.46g		
Protein	0.22g		
Vitamin A	6.94IU	Vitamin C	0.00mg
Calcium	2.64mg	Iron	0.10mg

Assorted Cereal



Servings:	1.000	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26229
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	0/1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL CHEERIOS BWL 96CT GENM	0/1 Each	READY_TO_EAT Ready to eat cereal bars	534765
CEREAL CINN TOAST R/S BWL 96CT GENM	0/1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	0/1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	0/1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

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: 1.000

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	4.58		
Fat	0.07g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	6.46mg		
Carbohydrates	0.94g		
Fiber	0.09g		
Sugar	0.24g		
Protein	0.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	4.06mg	Iron	0.19mg

String Cheese



Servings:	1.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26417
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CHEESE STRING MOZZ 168-1Z BONGARDS	1 Each		579050

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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: 1.000

Serving Size: 1.00

Amount Per Serving

Calories 140.00

Fat 9.00g

SaturatedFat 5.50g

Trans Fat 0.00g

Cholesterol 25.00mg

Sodium 400.00mg

Carbohydrates 1.00g

Fiber 0.00g

Sugar 1.00g

Protein 14.00g

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

Calcium 348.00mg **Iron** 0.00mg

Assorted Canned Fruit



Servings:	1.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26231
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	0/1 Each		753911
APPLESAUCE CINN CUP 96-4.5Z P/L	0/1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	0/1 Each		753931
APPLESAUCE BLUE RASPB CUP 96-4.5Z	0/1 Each		753881
ORANGES MAND BRKN L/S 6-10 GCHC	0/1 Cup		152811
PEAR SLCD 6-10 COMM	0/1 Cup		110680
PEACH SLCD 6-10 COMM	0/1 Cup		110710

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: 1.000			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories	19.63		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.17mg		
Carbohydrates	4.83g		
Fiber	0.33g		
Sugar	3.38g		
Protein	0.04g		
Vitamin A	0.00IU	Vitamin C	4.21mg
Calcium	1.29mg	Iron	0.04mg

ASSORTED FRUIT JUICES



Servings:	1.000	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26061
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FZ 72-4FLZ SNCUP	0/1 Cup		135460
JUICE APPL 100 FZ 72-4FLZ SNCUP	0/1 Cup		135440
JUICE BOX FRT PNCH 100 40-4.23FLZ	0/1 Cup		698240
JUICE BOX VERY BRY 40-4.23FLZ	0/1 Cup		698391

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: 1.000			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories	2.71		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.42mg		
Carbohydrates	0.68g		
Fiber	0.00g		
Sugar	0.61g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.64mg
Calcium	1.67mg	Iron	0.00mg

Assorted Fresh Fruit



Servings:	1.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26230
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1/16 Each		200999
APPLE DELIC GLDN 125-138CT MRKN	1/16 Each		597481
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/16 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1/16 Each		198021
STRAWBERRY 8 MRKN	1/16 Cup		212768
KIWI 33-39CT P/L	1/16 Each		287008
PEAR 95-110CT MRKN	1/16 Ounce		198056
MELON MUSK CANTALOUPE 12-15CT P/L	1/16 Cup		200565

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: 1.000			
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

Graham crackers

No
Image
Available

Servings:	1.000	Category:	Grain
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26404
School:	Diocese of Lexington		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER CRISPS CINN 120-1.2Z NATVLLY	0 Package	READY_TO_EAT Ready to eat snack.	450322
CRACKER GRHM WGRAIN IW 150-3CT NAB	0 Package	READY_TO_EAT Ready to eat snack.	529974

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.00
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: 1.000

Serving Size: 1.00 Ounce

Amount Per Serving

Calories 0.80

Fat 0.02g

SaturatedFat 0.00g

Trans Fat 0.00g

Cholesterol 0.00mg

Sodium 0.85mg

Carbohydrates 0.14g

Fiber 0.01g

Sugar 0.05g

Protein 0.01g

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

Calcium 0.03mg **Iron** 0.01mg