

Cookbook for GREENVILLE-BALDWIN ELEMENTARY

Created by HPS Menu Planner

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Choice of Juice

HUMMUS & PRETZELS

Choice of Juice



Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-26314
School:	GREENVILLE-BALDWIN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940

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 Serving

Amount Per Serving	
Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	19.00g
Fiber	0.00g
Sugar	18.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg

Calcium 10.00mg **Iron** 0.60mg

HUMMUS & PRETZELS

NO IMAGE

Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-26315
School:	GREENVILLE-BALDWIN ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS ORIG 4-.5GAL GREC	200 Ounce	Not I/W. Will have to Portion	209902
PRETZEL HEARTZELS 104-0.7Z ROLD GOLD	100 Package	READY_TO_EAT Ready to Eat	893711

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	0.26
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	220.00
Fat	8.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	480.00mg
Carbohydrates	30.00g
Fiber	6.00g
Sugar	3.00g
Protein	8.00g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	54.00mg	Iron	2.80mg