

Cookbook for Wakarusa Elementary School

Created by HPS Menu Planner

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Variety of Cereal (2 grain equivalent)

Baked Beans

Servings:	162.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20546
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
Beans, Vegetarian, Low Sodium, Canned	6 #10 CAN	100364
SUGAR BROWN LT 12-2 P/L	2 Cup	860311
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	1 #10 CAN	100129
ONION DEHY CHPD 15 P/L	2 Cup	263036
MUSTARD PKT 500-.2Z HNZ	6 Teaspoon	675562

Preparation Instructions

Place in 2 well sprayed 4B pans

Mix all together and bake @ 300* for 30 minutes.

Stir and bake another 30 minutes.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 162.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	126.71		
Fat	0.88g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	283.06mg		
Carbohydrates	25.31g		
Fiber	4.43g		
Sugar	10.72g		
Protein	6.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg

Calcium	0.93mg	Iron	0.01mg
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*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nacho Bean Dip

Servings:	360.00	Category:	Entree
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22068
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
BEEF CRMBL CKD 6-5 SMRTPCKS	40 Pound	674312
Beans, Refried, Low sodium, canned	4 #10 CAN	100362
Salsa, Low-Sodium, Canned	4 #10 CAN	100330
SEASONING TACO MIX 6-9Z LAWR	18 Ounce	159204
Cheese, Cheddar Reduced fat, Shredded	16 Pound	100012

Preparation Instructions

Spray 4-10B pans well.

Put 10# of beef crumbles, 1 can of refried beans, 1 can of salsa, 4 lbs of shredded cheese, and 4.5 ounce (1/2 bag) of taco seasoning in each pan.

Mix each pan of all ingredients together well.

Bake covered in 325 degree oven for 30 minutes or Steam 20 to 25 minutes uncovered top shelf. Stir and steam another 10-15 min.

Temp at 165 degrees and place in hot hold for service.

Use #8 Disher (1/2 cup) for service.

Note: 90 servings per pan

Meal Components (SLE)

Amount Per Serving

Meat	3.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 360.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	203.09
Fat	10.49g
SaturatedFat	5.51g
Trans Fat	0.00g
Cholesterol	36.44mg
Sodium	410.87mg
Carbohydrates	9.47g

Fiber	2.59g		
Sugar	1.44g		
Protein	15.88g		
Vitamin A	70.87IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.96mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Frozen Fruit Slushy

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22070
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
SLUSHIE STRAWB-MANG 84-4.4FLZ SIDEKIC	1 Each	863890
SLUSHIE BL RASP/LEM 84CT SIDEKICKS	1 Each	794181
SLUSHIE SR CHRY-LEM 84-4.4FLZ	1 Each	667911

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	30.00mg		
Carbohydrates	22.00g		
Fiber	0.00g		
Sugar	18.67g		
Protein	0.00g		
Vitamin A	1250.00IU	Vitamin C	60.00mg
Calcium	80.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Sloppy Joe

Servings:	363.00	Category:	Entree
Serving Size:	0.33 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22071
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
BEEF CRUMBLES 8-5 COMM	15 Pound	581950
SLOPPY JOE REDUCED FAT 6-5 COMM	45 Pound	564790
SUGAR BROWN LT 12-2 P/L	3 Cup	860311

Preparation Instructions

Use 3-4B pans

Spray pans well.

Put 3 bags of Sloppy Joe Mix and 1 Beef Crumbles in each pan.

Mix in 1 cup of brown sugar into each pan. Mix well.

Cover to bake. Bake at 350 degrees for 1 hour.

Serve using #12 disher and serve with hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	1.50
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: 363.00

Serving Size: 0.33 Cup

Amount Per Serving

Calories	116.92		
Fat	5.13g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	31.98mg		
Sodium	341.57mg		
Carbohydrates	7.32g		
Fiber	1.09g		
Sugar	5.96g		
Protein	10.54g		
Vitamin A	250.80IU	Vitamin C	3.28mg
Calcium	23.87mg	Iron	1.57mg

*All reporting of TransFat is for information only, and is not

Buttered Green Beans

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22235
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
BEAN GREEN CUT XTRA GRN 6-10 GCHC	5 #10 CAN	328251
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound	191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	48.22		
Fat	2.93g		
SaturatedFat	1.87g		
Trans Fat	0.00g		
Cholesterol	8.00mg		
Sodium	336.55mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.33mg	Iron	0.43mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Buttered Broccoli

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22236
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	30 Pound	110473
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound	191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	42.96		
Fat	2.15g		
SaturatedFat	1.37g		
Trans Fat	0.00g		
Cholesterol	5.85mg		
Sodium	37.41mg		
Carbohydrates	4.51g		
Fiber	2.71g		
Sugar	0.90g		
Protein	2.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Buttered Carrots

Servings:	148.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22237
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
Carrots fzn	30 Pound	100352
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound	191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 148.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	55.63		
Fat	3.64g		
SaturatedFat	1.51g		
Trans Fat	0.00g		
Cholesterol	36.72mg		
Sodium	73.62mg		
Carbohydrates	7.56g		
Fiber	2.52g		
Sugar	3.78g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Buttered Corn

Servings:	165.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-22238
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
CORN CUT IQF 30 GCHC	30 Pound	285620
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound	191205

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 165.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	116.36		
Fat	3.10g		
SaturatedFat	1.36g		
Trans Fat	0.00g		
Cholesterol	5.82mg		
Sodium	17.45mg		
Carbohydrates	20.36g		
Fiber	0.97g		
Sugar	4.85g		
Protein	2.91g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Choice of Juice

Servings:	7.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22901
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each	698251
JUICE BOX APPLE 100 40CT 125ML	1 Each	733220
JUICE BX WHT GRP 100 40CT 125ML	1 Each	733260
JUICE BOX PNCH 100 125ML 40CT	1 Each	733230
JUICE BOX GRP 100 40-4.23FLZ	1 Each	698211
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each	659712
JUICE BOX STRAWB KIWI 100 40-4.23FLZ	1 Each	659731

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	67.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	8.57mg		
Carbohydrates	16.29g		
Fiber	0.00g		
Sugar	14.14g		
Protein	0.00g		
Vitamin A	285.71IU	Vitamin C	34.29mg

Calcium 15.71mg **Iron** 0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Muffin Choice

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22902
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each	273442
MUFFIN CHOCOLATE CHIP IW 96-2Z	1 Each	273681
MUFFIN BANANA WGRAIN IW 48-2Z CP	1 Each	262362
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	177.50		
Fat	6.00g		
SaturatedFat	1.25g		
Trans Fat	0.03g		
Cholesterol	21.25mg		
Sodium	106.25mg		
Carbohydrates	29.50g		
Fiber	1.25g		
Sugar	15.25g		
Protein	2.75g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	16.82mg	Iron	0.93mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Chicken Fried Rice

Servings:	300.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28332

Ingredients

Description	Measurement	DistPart #
RICE FRIED VEG WGRAIN 6-5.16 MINH	12 Package	676463
Chicken, Diced, Cooked, Frozen	21 Pound	100101
SALT IODIZED 18-2.25 GCHC	12 Tablespoon	350732

Preparation Instructions

Spray 6-4B pans well. DO NOT ADD ANY LIQUID. In each 6-4B pan put 2 packages of fried rice, 3.5 pounds of diced chicken, and 2 Tablespoons of salt. Bake at 325 degrees for 1 hour and 20 minutes covered till temp reaches 170 degrees. Put in pass through warmer until serving time.

Note: Serve 3/4 cup per serving (6oz spoodle or heaping #6 disher) . Approx. 50 servings per pan.

Box instructions say to steam but rice gets sticky. So we baked it and it turned out nice.

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: 300.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	191.48		
Fat	2.52g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	23.52mg		
Sodium	546.27mg		
Carbohydrates	30.23g		
Fiber	2.24g		
Sugar	1.68g		
Protein	10.08g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.60mg	Iron	0.39mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Seasoned Black Beans

Servings:	20.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28978
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
BEAN SEAS BLK DEHY 6-26.9Z	26 9/10 Ounce	183900
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1 gallon boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 40 minutes on steamtable.
- 4: Season if desired, stir, serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 20.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	144.85		
Fat	1.03g		
SaturatedFat	0.34g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	337.97mg		
Carbohydrates	25.52g		
Fiber	8.28g		
Sugar	2.07g		
Protein	8.28g		
Vitamin A	5.95IU	Vitamin C	0.08mg
Calcium	34.78mg	Iron	2.01mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Pop-Tart

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28979
School:	Wakarusa Elementary School		

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

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: 2.00

Serving Size: 1.00 Each

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

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-28988
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
PANCAKE STRAWB WGRAIN IW 72-3.17Z	1 Package	269230
PANCAKE MAPL WGRAIN IW 72-3.17Z PILLS	1 Package	269220
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	223.33		
Fat	6.33g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	176.67mg		
Carbohydrates	37.33g		
Fiber	1.33g		
Sugar	8.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.33mg	Iron	1.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

California Blend with Cheese

Servings:	120.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29432
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
VEG BLND CALIF PREM 30 GCHC	20 Pound	285740
BUTTER PRINT SLTD GRD AA 36-1 GCHC	3/4 Pound	191205
Cheese, Processed, Sliced Yellow	15 Slice	100018

Preparation Instructions

1. Steam broccoli for 15 minutes
2. Drain steam broccoli
3. Add butter and top with cheese slices.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	37.92		
Fat	2.76g		
SaturatedFat	1.71g		
Trans Fat	0.00g		
Cholesterol	7.56mg		
Sodium	48.12mg		
Carbohydrates	2.33g		
Fiber	1.32g		
Sugar	0.95g		
Protein	1.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.25mg	Iron	0.44mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assorted Sandwiches

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29433
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
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Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.00
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 Sandwich

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Assorted Breakfast Items

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-29434
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
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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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	0.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Variety of Cereal (2 grain equivalent)

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29435
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	DistPart #
Frosted Flakes- Large Bowl Pack	1 Each	00955
Honey Graham Toasters- large bowl pack	1 Each	03759

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	225.00		
Fat	0.00g		
SaturatedFat	0.25g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	380.00mg		
Carbohydrates	47.00g		
Fiber	1.50g		
Sugar	20.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes