

Cookbook for Walkerton Elem.

Created by HPS Menu Planner

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100% Fruit Juice

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9659

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	1 Each	403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	1 Each	355900
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	1 Each	403021
JUICE APPL 100 70-4FLZ SNCUP	1 Each	207990
JUICE ORNG 100 70-4FLZ SNCUP	1 Each	207980

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	62.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	13.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.24mg
Calcium	6.00mg	Iron	0.07mg

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

Assorted Cereal

Servings:	12.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9662

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	268711
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 Each	388190
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each	662186
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each	283620
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each	283611
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	265782
CEREAL CHEERIOS FRTY WGRAIN BWL 96CT	1 Package	265803
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	509396
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	266052

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: 12.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		109.17	
Fat		1.17g	
SaturatedFat		0.08g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		145.83mg	
Carbohydrates		23.75g	
Fiber		2.00g	
Sugar		7.33g	
Protein		1.92g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	59.17mg	Iron	3.93mg

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Variety of Crackers

Servings:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22918

Ingredients

Description	Measurement	DistPart #
CRACKER GLDFSH WGRAIN COLOR 300-.75Z	1 Package	112702
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package	736280
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package	282441
CRACKER GRHM BUG BITES 210CT KEEB	1 Package	859560
CRACKER GRHM STCK SCOOPY 210-1Z	1 Package	859550
CRACKER GRHM TEDDY CINN 1Z 4-12CT	1 Package	728760
CRACKER GRHM ELF CHOC 150-1Z KEEB	1 Package	123171
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	194510
CRACKER GRHM GRIPZ 150CT KEEB	1 Package	805640

Preparation Instructions

All packages equal 1 grain and are whole grain.

Note: When used at breakfast it does not matter about dessert grains.

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	114.44
Fat	3.67g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	120.56mg
Carbohydrates	19.00g
Fiber	1.00g
Sugar	5.33g
Protein	1.89g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	28.89mg	Iron	0.94mg

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Variety of Muffin

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22926

Ingredients

Description	Measurement	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each	557981
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each	557970
MUFFIN APPL CINN WGRAIN IW 72-2Z	1 Each	558011
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each	557991

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	187.50		
Fat	6.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	128.75mg		
Carbohydrates	31.25g		
Fiber	2.00g		
Sugar	16.50g		
Protein	3.00g		
Vitamin A	25.00IU	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.01mg

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Assorted Yogurt

Servings:	7.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-27535

Ingredients

Description	Measurement	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each	186911
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each	551770
YOGURT VAR PK L/F 48-4Z YOPL	1 Each	551751
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	869921
YOGURT VAR PK N/F STRAWB/PCH 24-4Z	1 Each	280401
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each	551760

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	75.71		
Fat	0.29g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	3.57mg		
Sodium	60.00mg		
Carbohydrates	14.71g		
Fiber	0.00g		
Sugar	9.71g		
Protein	3.71g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	120.00mg	Iron	0.00mg

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Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28114
School:	Walkerton Elem.		

Ingredients

Description	Measurement	DistPart #
FRANKS BEEF ANGUS 8/ 2-5 GFS	1 Each	183311
BUN HOT DOG WHEAT WHL 12-12CT GCHC	1 Each	517830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	1.50
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	117.00		
Fat	17.00g		
SaturatedFat	6.00g		
Trans Fat	0.50g		
Cholesterol	35.00mg		
Sodium	595.00mg		
Carbohydrates	20.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	10.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.36mg	Iron	1.73mg

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Chicken Patty Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29489

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z 4-8.2	1 Each	281622
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810

Preparation Instructions

BAKE (Appliances vary, adjust accordingly.)

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Place cooked chicken patty on bun and serve.

Meal Components (SLE)

Amount Per Serving

Meat	2.00
Grain	3.00
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	380.00		
Fat	15.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	620.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.90mg

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Chicken Salad on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29538

Ingredients

Description	Measurement	DistPart #
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	1 Each	517810
Chicken Salad	1/2 Serving	R-29458

Preparation Instructions

Prepare Chicken Salad according to recipe R-29458.

Serve 1/2 cup (#8 Scoop) of Chicken Salad on a hamburger bun.

Meal Components (SLE)

Amount Per Serving

Meat	3.00
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	210.74		
Fat	5.18g		
SaturatedFat	0.42g		
Trans Fat	0.04g		
Cholesterol	25.58mg		
Sodium	321.43mg		
Carbohydrates	27.40g		
Fiber	3.18g		
Sugar	5.37g		
Protein	12.26g		
Vitamin A	38.26IU	Vitamin C	0.48mg
Calcium	35.13mg	Iron	1.04mg

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