

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Breakfast Fruit Juice

Servings:	0.000	Category:	Fruit
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22404

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX APPLE 100 40CT 125ML	0 Each		733220
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	0 Each		659712
JUICE BOX ORNG TANGR 100 40-4.23FLZ	0 Each		698251
JUICE BOX GRP 100 40-4.23FLZ	0 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	0 Each		698240

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: 0.000

Serving Size: 1.00 Ounce

Amount Per Serving

Calories	64.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.00mg
Carbohydrates	15.80g
Fiber	0.00g
Sugar	13.80g
Protein	0.00g
Vitamin A 200.00IU	Vitamin C 24.00mg
Calcium 36.00mg	Iron 0.00mg

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

Fresh Apple Slices

Servings:	0.000	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22678

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	0 Piece	Wash apples. Using the 6 section blade with corer, slices apples. Place slices into a container of properly diluted Nature Seal.	597481

Preparation Instructions

Portion 6 slices into a side dish container.

CCP: Hold for cold service at 41° or less.

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: 0.000

Serving Size: 1.00 Piece

Amount Per Serving

Calories	66.60		
Fat	0.20g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.30mg		
Carbohydrates	18.00g		
Fiber	3.10g		
Sugar	13.00g		
Protein	0.30g		
Vitamin A	69.12IU	Vitamin C	5.89mg
Calcium	7.68mg	Iron	0.15mg

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