

# **Cookbook for Kouts**

**Created by HPS Menu Planner**

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# Goldfish Crackers with Cheese Stick

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31906

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
CHEESE STIX CHED MLD R/F IW 168-1Z	2 Each		786830

## Preparation Instructions

Note: One serving is a cheese stick with package of goldfish

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	215.00
<b>Fat</b>	11.25g
<b>SaturatedFat</b>	5.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	340.00mg
<b>Carbohydrates</b>	20.00g
<b>Fiber</b>	1.50g
<b>Sugar</b>	7.50g
<b>Protein</b>	8.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 264.00mg	<b>Iron</b> 1.36mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Goldfish Crackers with Yogurt

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31907

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750

## Preparation Instructions

Note: One serving is a yogurt with package of goldfish

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	200.00
<b>Fat</b>	4.50g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.50mg
<b>Sodium</b>	200.00mg
<b>Carbohydrates</b>	34.50g
<b>Fiber</b>	1.50g
<b>Sugar</b>	17.00g
<b>Protein</b>	5.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 180.00mg	<b>Iron</b> 1.36mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Assorted Pop-Tarts®

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	865101

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	364.50
<b>Fat</b>	5.75g
<b>SaturatedFat</b>	1.90g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	379.50mg
<b>Carbohydrates</b>	76.00g
<b>Fiber</b>	5.70g
<b>Sugar</b>	30.25g
<b>Protein</b>	4.58g
<b>Vitamin A</b> 305.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 215.00mg	<b>Iron</b> 3.60mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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