

Cookbook for Knox Community After School Snack

Created by HPS Menu Planner

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Pop Tart

Variety of Juice

RF Doritos

Pop Tart

| | | | |
|----------------------|-----------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-30220 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN 120-1CT | 1 Piece | | 695880 |
| PASTRY POP-TART WGRAIN STRAWB 120-1CT | 1 Piece | | 695890 |
| PASTRY POP-TART WGRAIN FUDG 120-1CT | 1 Each | | 452062 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

| | |
|---------------------------|-------------------------|
| Calories | 186.67 |
| Fat | 2.83g |
| SaturatedFat | 1.00g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 196.67mg |
| Carbohydrates | 38.00g |
| Fiber | 3.00g |
| Sugar | 15.33g |
| Protein | 2.33g |
| Vitamin A 500.00IU | Vitamin C 0.00mg |
| Calcium 110.00mg | Iron 1.80mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice

| | | | |
|----------------------|-----------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-31349 |
| School: | Knox Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118940 |
| JUICE ORNG 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118930 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each | | 118921 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|----------------------|--------|------------------|--------|
| Calories | 63.33 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.40mg | | |
| Carbohydrates | 15.00g | | |
| Fiber | 0.00g | | |
| Sugar | 14.00g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 7.07mg | Iron | 0.27mg |

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Nutrition - Per 100g

No 100g Conversion Available

RF Doritos

| | | | |
|----------------------|--------------------------------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Grain |
| Serving Size: | 1.00 Bag | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-32653 |
| School: | Knox Community After School Snack | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------|------------|
| CHIP COOL RNCH REDC FAT 72-1Z DORIT | 1 Package | | 541502 |
| CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO | 1 Package | | 737611 |
| CHIP NACHO REDC FAT 72-1Z DORITOS | 1 Package | | 456090 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 1.500 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Bag

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 130.00 | | |
| Fat | 5.00g | | |
| SaturatedFat | 0.67g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 193.33mg | | |
| Carbohydrates | 20.00g | | |
| Fiber | 2.00g | | |
| Sugar | 0.33g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 33.33mg | Iron | 0.30mg |

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Nutrition - Per 100g

No 100g Conversion Available
