

Cookbook for Rushville County Schools

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-32863
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX GRP 100 40-4.23FLZ	1 Each		698211
JUICE BOX FRT PNCH 100 40-4.23FLZ	1 Each		698240
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX VERY BRY 40-4.23FLZ	1 Each		698391
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE GRP 100 FZ 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	135460
JUICE APPL 100 70-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	207990
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each	Thaw before serving. Shake well. Serve chilled. Use within 10 days of thawing. Store thawed juice at 35 to 38 F.	118930
JUICE CRAN RASPB 100 40-4.23FLZ	1 Each		214524

Preparation Instructions

- 1) Pull the number of cases needed the day prior by setting in the refrigerator.
- 2) Place juice cartons on line or in breakfast tote

*Remember to offer the fruit juice that is different from the fresh fruit being served (for example - do NOT serve apples with apple juice, etc.)

1 juice carton equals 1/2 c. fruit serving

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	124.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	18.00mg		
Carbohydrates	30.40g		
Fiber	0.00g		
Sugar	28.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheerio Cereal Breakfast Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32864
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS MULTIGR BKFST KIT60CT	1 Package		585321

Preparation Instructions

READY_TO_EAT

Ready to eat.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	5.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.00mg		
Carbohydrates	58.00g		
Fiber	5.00g		
Sugar	24.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	91.00mg	Iron	8.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

1 ct. Pop-Tart Variety

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32865
School:	Rushville County Schools		

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 BLUEB 120-1CT	1 Each		865131

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	183.33
Fat	2.67g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	38.00g
Fiber	3.00g
Sugar	15.33g
Protein	2.00g
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

2 - Bosco Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32866
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREADSTICK CHS STFD 108-3Z BOSC	2 Each	<p>CONVECTION Convection Oven</p> <ol style="list-style-type: none"> Preheat oven to 400° F. Place Bosco Stick breadsticks on a baking sheet. THAWED: 6-8 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>DEEP_FRY Deep Fry</p> <ol style="list-style-type: none"> Preheat oil to 350° F. THAWED ONLY: 1-2 minutes. Let stand 2 minutes before serving. <p>CAUTION: FILLING MAY BE HOT!</p> <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. <p>THAW Thawing Instructions</p> <ol style="list-style-type: none"> Thaw before baking. Keep Bosco Stick breadsticks covered while thawing. Bosco Stick breadsticks may be thawed in packaging. Bosco Stick breadsticks have 8 days shelf life when refrigerated. <ol style="list-style-type: none"> Oven temperatures may vary. Adjust baking time and or temperature as necessary. Top Bosco Stick breadsticks with butter and parmesan cheese (not included) after baking. 	432180
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each	<p>READY_TO_EAT None</p>	677721

Preparation Instructions

THAW PRODUCT FULLY BEFORE BAKING. KEEP PRODUCT COVERED WHILE THAWING. 72 HOURS SHELF LIFE WHEN REFRIGERATED.

PLACE PRODUCT ON A PAN. BAKE AT 400 DEGREES FOR 8-10 MINUTES.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	1.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	493.90
Fat	15.20g
SaturatedFat	6.20g
Trans Fat	0.03g
Cholesterol	30.00mg
Sodium	859.70mg
Carbohydrates	64.00g
Fiber	2.00g
Sugar	8.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 4.70mg

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Nutrition - Per 100g

No 100g Conversion Available

4 Piece Chicken Tender

Servings:	100.00	Category:	Entree
Serving Size:	4.00 Piece	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32867
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	400 Piece		533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Piece

Amount Per Serving			
Calories	320.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	540.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	26.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32868
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	12 1/2 Each		282431
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	12 1/2 Each		209761
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	12 1/2 Each	READY_TO_EAT Ready to serve and eat.	194031
BAR DBL CHOC OATML 144-1.24Z BTTYCR	12 1/2 Each		262103
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	12 1/2 Each	READY_TO_EAT Ready to eat cereal bars	265921
BAR CEREAL CINN TST WGRAIN 96-1.42Z	12 1/2 Each	READY_TO_EAT Ready to eat cereal bars	265891

Preparation Instructions

Ready to Eat

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	230.00
Fat	6.25g
SaturatedFat	0.88g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	187.50mg
Carbohydrates	41.75g
Fiber	4.25g
Sugar	14.50g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 170.00mg	Iron 1.90mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Fresh Fruit

Servings:	11.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32869
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1/2 Each		597481
BANANA TURNING 40 P/L	1 Each		200999
GRAPES RED LUNCH BUNCH 21AVG MRKN	1/2 Cup		280895
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056

Preparation Instructions

Rinse fruit prior to serving

Select one fresh fruit for meal service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	1.020
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	102.42
Fat	0.14g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.66mg
Carbohydrates	27.31g
Fiber	5.18g
Sugar	16.09g
Protein	1.02g
Vitamin A 63.35IU	Vitamin C 10.48mg
Calcium 21.84mg	Iron 0.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Frozen Fruits

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32870
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY CUP 96-4.5Z COMM	1 Each		655010
BLUEBERRIES FZ CULTIVATE IQF 30 COMM	1/2 Cup		765270

Preparation Instructions

Thaw the day before.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	65.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.00mg		
Carbohydrates	16.00g		
Fiber	2.50g		
Sugar	11.50g		
Protein	0.50g		
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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Muffin

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32871
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370

Preparation Instructions

STORE FROZEN UNTIL READY TO USE. THAW OVERNIGHT UNDER REFRIGERATION.
ONCE THAWED PRODUCT HAS A 21 DAY SHELF LIFE.

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	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yogurt

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32872
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each	READY_TO_EAT READY_TO_EAT	885750
YOGURT DANIMAL STRAWB BAN N/F 48-4Z	1 Each	READY_TO_EAT	869921

Preparation Instructions

Select the yogurt cup for breakfast service.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	55.00mg
Carbohydrates	14.00g
Fiber	0.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 100.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Applesauce Cup

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32873
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921

Preparation Instructions

Pull cases day before.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Waffles

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32874
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection

Oven: Preheat oven to 350 degrees F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

* Conventional Oven: Preheat oven to 350 degrees F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Select one mini waffle options for meal service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	400.00
Fat	10.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	390.00mg
Carbohydrates	72.00g
Fiber	7.00g
Sugar	23.00g
Protein	8.00g
Vitamin A 1000.00IU	Vitamin C 0.00mg
Calcium 300.00mg	Iron 4.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Chocolate Chunk Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32875
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860

Preparation Instructions

1) Thaw the day before by placing needed amount in the refrigerator.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	8.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	220.00mg		
Carbohydrates	48.00g		
Fiber	3.00g		
Sugar	23.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Breakfast Burrito

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32876
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BURRITO BKFST EGG/SAUS/CHS 120-3.2Z	1 Each		125046

Preparation Instructions

Heating Instructions: FOR BEST RESULTS, HEAT FROM REFRIGERATED STATE. Place burrito/wrap on a sheet pan with seam of wrapper facing down. Heat to an internal temperature of 160 deg. F. Caution: Do not over heat. Heating above 165 deg. F. may cause filling leakage. Heating times may vary due to variation in equipment used.

Convection Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 16-18 min. Refrigerated: Heat for 13-15 min.

Conventional Oven: Preheat Oven to 300 deg. F. Frozen: Heat for 18-20 min. Refrigerated: Heat for 15-17 min.

Microwave: Frozen: Heat for 50 secs. Let rest for 1 min. before consuming. Refrigerated: Heat for 30 secs.

Let rest for 1 min. before consuming.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	208.00
Fat	7.50g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	46.00mg
Sodium	399.00mg
Carbohydrates	25.00g
Fiber	3.30g
Sugar	2.00g
Protein	10.30g
Vitamin A 242.25IU	Vitamin C 0.99mg
Calcium 122.64mg	Iron 2.01mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheese Stick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32877
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580

Preparation Instructions

Pull from refrigerator day of and add to breakfast bags, if needed

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	6.00g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	200.00mg		
Carbohydrates	2.00g		
Fiber	0.00g		
Sugar	1.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	198.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32878
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CHOC WGRAIN IW 60-1.94Z GCHC	1 Each		280001

Preparation Instructions

THAW

Store frozen until ready to use. Thaw overnight under refrigerations

Choose 1 muffin type for breakfast service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	380.00		
Fat	17.00g		
SaturatedFat	3.50g		
Trans Fat	0.10g		
Cholesterol	45.00mg		
Sodium	365.00mg		
Carbohydrates	55.00g		
Fiber	1.00g		
Sugar	29.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	17.00mg	Iron	1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Cereal

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32879
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840

Preparation Instructions

READY_TO_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

Choose one cereal for breakfast service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	350.00mg		
Carbohydrates	46.00g		
Fiber	3.00g		
Sugar	20.00g		
Protein	4.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32880
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI ORIG IW 72-3.03Z EGGO	1 Package		498442
FRENCH TST MINI BRY IW 72-2.64Z PILLS	1 Package		150281

Preparation Instructions

READY_TO_EAT

Heat convection oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 8-10 minutes from frozen or 4-5 minutes if thawed. Preheat conventional oven to 350 F and place 12 (3 x 4) pouches on baking sheet and 13-15 minutes from frozen or 7-8 minutes if thawed. Can be held in warmer for up to 3 hours at 150F.

Select one mini french toast for Breakfast service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	410.00
Fat	12.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	430.00mg
Carbohydrates	73.00g
Fiber	5.00g
Sugar	24.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 330.00mg	Iron 5.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Frudel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32881
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY CHRY FILLD IW 72-2.29Z FRUDEL	1 Each		838350

Preparation Instructions

BAKE

PREP INSTRUCTIONS - PLACE ON BAKING SHEET. BAKE - CONVECTION OVEN 350°F 7-9 MINUTES. CONVENTIONAL OVEN - 350°F 11-13 MINUTES. WARMING CABINET 150°F 1 HOUR - 30 MINUTES

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	6.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	260.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Frudel

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32882
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	1 Each		838340

Preparation Instructions

BAKE

Heat & Serve. Heat frozen Frudel in ovenable pouch by placing flat on baking sheets. Convection oven: Preheat to 350 degrees and heat pouches for 7-9 minutes. Conventional oven: Preheat oven to 350 degrees and heat pouches for 11-13 minutes

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	36.00g		
Fiber	2.00g		
Sugar	10.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32883
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WRAP HAM/EGG/CHS COMBO BAR 80-2Z HRML	1 Each		402164

Preparation Instructions

PREP INSTRUCTIONS - PLACE ON BAKING SHEET.

BAKE - CONVECTION OVEN 350°F 7-9 MINUTES. CONVENTIONAL OVEN - 350°F 11-13 MINUTES.

WARMING CABINET 150°F 1 HOUR - 30 MINUTES

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	200.00		
Fat	16.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	350.00mg		
Carbohydrates	8.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	7.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Oatmeal Chocolate Chip Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32884
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721

Preparation Instructions

Thaw day before serving in refrigerator

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	8.00g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	230.00mg
Carbohydrates	47.00g
Fiber	3.00g
Sugar	20.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

WG Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32885
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT SUP WGRAIN IW 80-1.9Z SUPBAK	1 Each		509942

Preparation Instructions

Ready to eat

Thaw at room temperature on counter same day or in refrigerator overnight.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	150.00
Fat	5.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	190.00mg
Carbohydrates	23.00g
Fiber	1.00g
Sugar	12.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 6.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

WG Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32886
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT HOLE CAKE WGRAIN 384-.41Z RICH	3 Each		839520

Preparation Instructions

Ready to Eat

Thaw at room temperature or in refrigerator over night. Once thawed, serve.

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	140.00		
Fat	8.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	160.00mg		
Carbohydrates	15.00g		
Fiber	1.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.00mg	Iron	0.73mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raspberry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32887
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770

Preparation Instructions

READY_TO_EAT

Ready to eat single serving

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Maple Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32888
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	HEAT_AND_SERVE Thaw product night before	284831

Preparation Instructions

HEAT_AND_SERVE

Thaw product night before, preheat oven to 350°F, Place thawed pouches, picture side up, on baking sheet. Heat for 5-7 minutes

CONVECTION OVEN - Frozen Product

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9-10 minutes.

CONVENTIONAL OVEN - Frozen Product

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14-15 minutes.

Best if consumed within 2 hours.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	320.00mg		
Carbohydrates	35.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	500.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Pancakes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32889
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230

Preparation Instructions

Keep frozen until ready to use

NOTE: OVENS WILL VARY. PLEASE ADJUST TIME AND TEMPERATURE ACCORDINGLY. REFRIGERATE OR DISCARD ANY UNUSED PORTION.

CONVENTIONAL OVEN: PREHEAT CONVENTIONAL OVEN TO 350*F. OPEN ONE END OF WRAPPER. PLACE WRAPPER WITH PANCAKES ON A COOKIE SHEET. BAKE FOR 7 TO 9 MINUTES.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	210.00		
Fat	6.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	300.00mg		
Carbohydrates	36.00g		
Fiber	3.00g		
Sugar	11.00g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32890
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN CINN ULTRA IW 72-2.9Z SUPBAK	1 Each		865440

Preparation Instructions

Ready to Eat

Can be served at ROOM TEMPERATURE OR WARMED SLIGHTLY by placing in hot holding unit prior to service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	280.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	16.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	43.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Cinnamon Rolls

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32891
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL MINI CINNIS IW 72-2.29Z PILLS	1 Package		894291

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Cinnis in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 5-7 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on baking sheet and heat for 10-12 minutes* *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	240.00
Fat	7.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	40.00g
Fiber	3.00g
Sugar	14.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart (2 ct.)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32892
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package		123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081

Preparation Instructions

Ready to serve

Pull number of cases needed for breakfast service.

Serve only 1 type of Pop tart for each breakfast service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.375
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	345.00		
Fat	5.50g		
SaturatedFat	1.75g		
Trans Fat	0.00g		
Cholesterol	115.00mg		
Sodium	235.00mg		
Carbohydrates	73.00g		
Fiber	6.00g		
Sugar	29.50g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Blueberry Waffle

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32893
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240

Preparation Instructions

BAKE

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch. Convection Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 7-9 minutes.* Conventional Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat for 11-13 minutes.* Microwave: Heat for 30-35 seconds on high. *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	200.00
Fat	6.00g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	170.00mg
Carbohydrates	36.00g
Fiber	3.00g
Sugar	10.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Donut Dunkin Sticks

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32894
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT DUNKIN STIX WGRAIN IW 100-1.9Z	1 Each		726932

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	210.00mg		
Carbohydrates	29.00g		
Fiber	2.00g		
Sugar	13.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	24.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB& Grape Jelly Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32895
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	16.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	15.00g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 43.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

PB & Strawberry Jelly Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32896
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	300.00		
Fat	16.00g		
SaturatedFat	3.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	280.00mg		
Carbohydrates	33.00g		
Fiber	4.00g		
Sugar	15.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	44.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Soft Pretzel

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32897
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PRETZEL SFT PREBKD WGRAIN 200-1Z J&J	1 Each		607122

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	70.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	100.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Drumstick

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32898
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX DRMSTX BRD WGRAIN CKD 4-7.4	1 Piece		603391

Preparation Instructions

BAKE

Preparation: Appliances vary, adjust accordingly. Conventional Oven
1. Preheat oven to 375°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 35-40 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

CONVECTION

Preparation: Appliances vary, adjust accordingly. Convection Oven
1. Preheat oven to 350°F.
2. From frozen, place pieces in a single layer on a parchment paper lined sheet pan or on a wire rack sprayed with pan release.
3. Heat for 25-30 minutes. For best performance hold on a sheet pan, uncovered, with a wire rack, above 140°F in a dry heat environment.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	0.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	220.00		
Fat	13.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	60.00mg		
Sodium	530.00mg		
Carbohydrates	6.00g		
Fiber	1.00g		
Sugar	0.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Nuggets

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32899
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX BRST NUG BRD WGRAIN .66Z 4-7	5 Each		558040

Preparation Instructions

BAKE

Appliances vary, adjust accordingly. Conventional Oven 8 - 10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly. Convection Oven 6 - 8 minutes at 375°F from frozen.

Service:

Portion 5 chicken nuggets per serving

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	240.00		
Fat	14.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	470.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	39.00mg	Iron	2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Corn Dog

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32900
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORN DOG CHIX WGRAIN 72-4Z FOSTFM	1 Each		720120

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	9.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	40.00mg		
Sodium	470.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	8.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	70.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Tenders

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32901
School:	Rushville County Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD BRD WGRAIN 1.41Z 4-7.7	3 Piece		533830

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	240.00		
Fat	12.00g		
SaturatedFat	2.25g		
Trans Fat	0.00g		
Cholesterol	45.00mg		
Sodium	405.00mg		
Carbohydrates	12.00g		
Fiber	1.50g		
Sugar	3.00g		
Protein	19.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

1% Chocolate Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32909

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Lowfat Chocolate Milk	1 Each	READY_TO_DRINK Keep chilled in refrigerator below 40 degrees F.	

Preparation Instructions

1 carton = 1 milk serving

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00		
Fat	2.50g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	240.00mg		
Carbohydrates	26.00g		
Fiber	0.00g		
Sugar	25.00g		
Protein	8.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32910

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Lowfat Milk	1 Each	READY_TO_DRINK Keep chilled in a refrigerator below 40 degrees F.	

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	100.00
Fat	2.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	120.00mg
Carbohydrates	11.00g
Fiber	0.00g
Sugar	11.00g
Protein	8.00g
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

Nutrition - Per 100g

No 100g Conversion Available

Dinner Roll

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32911

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WG Dinner Roll, 4372	1 Each	READY_TO_EAT	

Preparation Instructions

RTE

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	1.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	115.00mg		
Carbohydrates	18.00g		
Fiber	2.00g		
Sugar	3.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32912

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN CHEX BWL 96-1Z GENM	1 Each		453143
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each		365790

Preparation Instructions

READY_TO_EAT

Single-serve ready to eat dry cereal.

1 cereal bowl equals 1 oz grain equivalent. Serve one type of cereal per breakfast service.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	112.60		
Fat	1.75g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	175.90mg		
Carbohydrates	23.00g		
Fiber	1.85g		
Sugar	7.25g		
Protein	1.35g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	83.10mg	Iron	3.89mg

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

Nutrition - Per 100g

No 100g Conversion Available

Coco Puffs Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32920

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package		533130

Preparation Instructions

READY_TO_EAT

Ready-to-eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	100.00		
Fat	3.50g		
SaturatedFat	0.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	170.00mg		
Carbohydrates	14.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	Iron	0.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lucky Charms Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each		525290

Preparation Instructions

READY_TO_EAT

Ready-to-eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	290.00
Fat	5.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	280.00mg
Carbohydrates	58.00g
Fiber	4.00g
Sugar	29.00g
Protein	4.00g
Vitamin A 500.00IU	Vitamin C 66.00mg
Calcium 112.00mg	Iron 5.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cocoa Krispie Bar Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32922

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL COKRPY BAR BKFST KIT 56CT	1 Package		676242

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	330.00
Fat	8.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	225.00mg
Carbohydrates	62.00g
Fiber	6.00g
Sugar	30.00g
Protein	4.00g
Vitamin A 1000.00IU	Vitamin C 60.00mg
Calcium 300.00mg	Iron 1.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Cereal Kit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32923

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each		150471

Preparation Instructions

READY_TO_EAT

Ready-to-eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	10.00mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	12.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	60.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Slices

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32924

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE FRSH SLCD 100-2Z P/L	1 Package		473171

Preparation Instructions

PACKAGING: 20Z POLY BAGS IN CORRUGATE BOX. STORAGE RECOMMENDATIONS: OPTIMUM STORAGE IS 34 -40 F. PREPARATION: OPEN AND SERVE.

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	30.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	7.00g
Fiber	1.00g
Sugar	6.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
Calcium 20.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Raisins

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32925

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Each		544426

Preparation Instructions

READY_TO_EAT

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	252.00		
Fat	0.60g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	15.60mg		
Carbohydrates	62.00g		
Fiber	4.60g		
Sugar	58.00g		
Protein	2.40g		
Vitamin A	7.40IU	Vitamin C	0.20mg
Calcium	31.80mg	Iron	2.34mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32926

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BANANA TURNING 40 P/L	1 Each		200999

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	105.00
Fat	0.40g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.20mg
Carbohydrates	27.00g
Fiber	3.10g
Sugar	14.00g
Protein	1.30g
Vitamin A 75.52IU	Vitamin C 10.27mg
Calcium 5.90mg	Iron 0.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Pears

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32927

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR DCD I/JCE CUP 72-4Z DELMNT	1 Each		790712

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	50.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	5.00mg
Carbohydrates	13.00g
Fiber	1.00g
Sugar	8.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pineapple Tidbits

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32928

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PINEAPPLE TIDBITS CUP 36-4Z DOLE	1 Each		216300

Preparation Instructions

READY_TO_EAT

Ready to Eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	70.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	16.00g		
Fiber	1.00g		
Sugar	15.00g		
Protein	1.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Peaches

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32929

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH DCD CUP IN JCE 36-4Z DOLE	1 Each		131970

Preparation Instructions

READY_TO_EAT

Ready to Eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	60.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	14.00g		
Fiber	1.00g		
Sugar	12.00g		
Protein	1.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

Dragon Punch Juice

Servings:	1.00	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32930

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE DRAGON PUNCH ECO 70-4FLZ	1 Each		510571

Preparation Instructions

READY_TO_EAT

Thaw before serving. Any unused thawed portions can be refrigerated for up to 14 days

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	50.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	35.00mg		
Carbohydrates	13.00g		
Fiber	0.00g		
Sugar	12.00g		
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

Nutrition - Per 100g

No 100g Conversion Available

Graham Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32931

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY WGRAIN 150-3CT KEEB	1 Package		282471

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	90.00		
Fat	2.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	95.00mg		
Carbohydrates	17.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Bunny Graham Crackers

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32932

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012

Preparation Instructions

Ready to eat

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	160.00
Fat	6.00g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	105.00mg
Carbohydrates	24.00g
Fiber	3.00g
Sugar	9.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 200.00mg	Iron 0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chocolate Mini Donuts

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32933

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181

Preparation Instructions

Ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	320.00
Fat	16.00g
SaturatedFat	9.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	42.00g
Fiber	3.00g
Sugar	19.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 31.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Yeast Donut Ring

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32934

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT YST RNG WGRAIN 84-2Z RICH	1 Each		556582

Preparation Instructions

ready to eat

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	16.00g
SaturatedFat	7.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	6.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 1.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32935

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND TKY HAM&CHS WGRAIN IW 100-3.1Z	1 Each		672642

Preparation Instructions

Thawing Instructions:

Do not remove wrap from product. Place product in walk-in refrigerator or pan up on sheet pans for at least 24 hours prior to serving.

Preparation Instructions:

Convention Oven (Frozen): 350 degrees F for 30-35 minutes. (Thawed): 350 degrees F for 18-20 minutes.

Convection Oven (Frozen): 325 degrees F for 30-35 minutes. (Thawed): 325 degrees F for 18-20 minutes.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	186.20		
Fat	4.20g		
SaturatedFat	1.40g		
Trans Fat	0.00g		
Cholesterol	17.00mg		
Sodium	392.20mg		
Carbohydrates	27.00g		
Fiber	2.00g		
Sugar	5.00g		
Protein	10.60g		
Vitamin A	121.85IU	Vitamin C	0.00mg
Calcium	105.20mg	Iron	1.85mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Chocolate Chip French Toast

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-32936

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package		498492

Preparation Instructions

HEAT_AND_SERVE

Preheat Convection oven to 350 °

Single layer on sheet pan lined with parchment paper.

CCP: Heat in convection oven from frozen for 8-10 minutes.

From thawed state 5 - 6 minutes

CCP: Hold in warming unit for no longer than 3 hours

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	190.00
Fat	6.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	260.00mg
Carbohydrates	35.00g
Fiber	4.00g
Sugar	11.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Glazed Breakfast Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32937

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN BKFST WGRAIN 60-3Z BKCRFT	1 Each		157232

Preparation Instructions

READY_TO_EAT

No baking necessary.

Thaw overnight in refrigeration.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	10.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	220.00mg		
Carbohydrates	40.00g		
Fiber	3.00g		
Sugar	13.00g		
Protein	6.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.00mg	Iron	2.10mg

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

Nutrition - Per 100g

No 100g Conversion Available

Wild Blueberry Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32938

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WILD BRY IW 70-3.4Z SUPBAK	1 Piece		523222

Preparation Instructions

Ready to eat

Thaw at room temperature prior to service or thaw overnight in the refrigerator.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	270.00		
Fat	8.00g		
SaturatedFat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	250.00mg		
Carbohydrates	45.00g		
Fiber	2.00g		
Sugar	24.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	46.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Banana Bread

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32939

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD BANANA IW 70-3.4Z SUPBAK	1 Each		230361

Preparation Instructions

Ready to eat

Thaw at room temperature prior to meal service or thaw overnight in the refrigerator.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	260.00
Fat	8.00g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	45.00g
Fiber	2.00g
Sugar	24.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 159.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mandarin Oranges

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32940

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ORANGES MAND WHL L/S 6-10 GCHC	1/2 Cup		117897

Preparation Instructions

Ready to eat.

Use a half cup serving spoodle to serve the correct portion.

Or if using a portion cup - use a 5 oz cup and scoop 4oz per cup.

CCP: Hold oranges prior to meal service in refrigerator - temperature below 40 degree F

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: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	90.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	10.00mg
Carbohydrates	20.00g
Fiber	0.00g
Sugar	19.00g
Protein	1.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.00mg	Iron 1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Strawberry Banana Bash Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32941

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760

Preparation Instructions

READY_TO_EAT

Ready to eat single serving

CCP: Store in refrigerator at 40 degrees F or below.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Triple Cherry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32942

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT CHERRY TRPL L/F 48-4Z TRIX	1 Each		186911

Preparation Instructions

READY_TO_EAT

Ready to eat single serving

CCP: Store in refrigerator - temperature at 40 degrees F or below

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	80.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	65.00mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	9.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available