

Cookbook for Engadine Consolidated Schools

Created by HPS Menu Planner

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Golden Graham Cereal Bar

Servings:	100.00	Category:	Milk
Serving Size:	1.42	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33319
School:	Engadine Consolidated Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL GLDN GRHM WGRAIN 96-1.42Z	1 Ounce		265921
100% Fruit Juice Choice	1 Cup		
Apples, Gala	1 Serving	READY_TO_EAT Rinse under cool water and let dry	310
1 % Chocolate Milk	1 Fluid Ounce		1% Choc
Fat Free White Milk	1 Fluid Ounce		
Strawberry Banana Bash Yogurt	1 Cup	READY_TO_EAT Keep Refrigerated	Wilkens Food Service

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.42

Amount Per Serving

Calories	4.27		
Fat	0.04g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.02mg		
Sodium	1.84mg		
Carbohydrates	0.92g		
Fiber	0.07g		
Sugar	0.57g		
Protein	0.05g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.52mg	Iron	0.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Poptart

Servings:	100.00	Category:	Entree
Serving Size:	3.30	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33320
School:	Engadine Consolidated Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
8 Oz Fat Free Milk	1 Each	UNSPECIFIED	
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Cup		198021

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.500
Fruit	1.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 3.30

Amount Per Serving			
Calories	5.98		
Fat	0.07g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	5.21mg		
Carbohydrates	1.23g		
Fiber	0.11g		
Sugar	0.54g		
Protein	0.15g		
Vitamin A	4.29IU	Vitamin C	0.87mg
Calcium	3.08mg	Iron	0.04mg

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

Nutrition - Per 100g

No 100g Conversion Available

Honey Nut Cheerios

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33321
School:	Engadine Consolidated Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each		786801
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	509396
8 Oz Fat Free Milk	1 Each	UNSPECIFIED	
JUICE GRP 100 FRSH 72-4FLZ SNCUP	1 Each		118940
APPLE GALA 138CT MRKN	1 Piece		569392

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: 100.00

Serving Size: 1.00

Amount Per Serving

Calories	4.07		
Fat	0.05g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.15mg		
Sodium	4.91mg		
Carbohydrates	0.74g		
Fiber	0.05g		
Sugar	0.53g		
Protein	0.17g		
Vitamin A	0.84IU	Vitamin C	0.06mg
Calcium	3.01mg	Iron	0.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Frudel Sticks

Servings:	100.00	Category:	Entree
Serving Size:	2.29	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33322
School:	Engadine Consolidated Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY APPL FILLD IW 72-2.29Z FRUDEL	2 Ounce	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	838340
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	4 Ounce		118930
8oz Fat Free Chocolate Milk	1 Cup	UNSPECIFIED	
APPLESAUCE CINN 96-4.5Z	4 Ounce		358572

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 2.29

Amount Per Serving

Calories	7.83		
Fat	0.05g		
SaturatedFat	0.01g		
Trans Fat	0.00g		
Cholesterol	0.05mg		
Sodium	3.98mg		
Carbohydrates	1.71g		
Fiber	0.06g		
Sugar	1.35g		
Protein	0.11g		
Vitamin A	0.15IU	Vitamin C	0.00mg
Calcium	0.49mg	Iron	0.01mg

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

Nutrition - Per 100g

No 100g Conversion Available