

Cookbook for LYON COUNTY ELE SCHOOL

Created by HPS Menu Planner

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Assorted Cereal Bowls

Assorted Pop-Tarts

ASSORTED FRUIT

Assorted Juice

Assorted Cereal Bowls

NO IMAGE

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 80.000 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-33824 |
| School: | LYON COUNTY ELE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------------|-------------|-------------------|------------|
| Cocoa Puffs 2 oz | 1 Each | | 105850 |
| CEREAL CINN TST CRNCH CUP 60-2Z GENM | 1 Each | | 105931 |
| CEREAL LUCKY CHARMS CUP 60-2Z GENM | 1 Container | | 105840 |

Preparation Instructions

No Preparation Instructions available.

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: 80.000

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 8.50 | | |
| Fat | 0.13g | | |
| SaturatedFat | 0.01g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 11.13mg | | |
| Carbohydrates | 1.71g | | |
| Fiber | 0.15g | | |
| Sugar | 0.58g | | |
| Protein | 0.13g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 4.13mg | Iron | 0.13mg |

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts



| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 80.000 | Category: | Entree |
| Serving Size: | 1.00 Package | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-33823 |
| School: | LYON COUNTY ELE SCHOOL | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN FUDG 72-2CT | 1 Package | | 452082 |
| PASTRY POP-TART WGRAIN STRAWB 72-2CT | 1 Package | | 123031 |

Preparation Instructions

No Preparation Instructions available.

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: 80.000

Serving Size: 1.00 Package

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 8.88 | | |
| Fat | 0.14g | | |
| SaturatedFat | 0.04g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 2.88mg | | |
| Sodium | 7.75mg | | |
| Carbohydrates | 1.86g | | |
| Fiber | 0.15g | | |
| Sugar | 0.74g | | |
| Protein | 0.11g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.75mg | Iron | 0.09mg |

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Nutrition - Per 100g

No 100g Conversion Available

ASSORTED FRUIT

NO IMAGE

| | | | |
|----------------------|---------|-----------------------|---------|
| Servings: | 400.000 | Category: | Fruit |
| Serving Size: | 1.00 1 | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-33796 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------------|------------|
| FRUIT MXD DCD CUP IN JCE 72-4.5Z NFG | 8 Ounce | | 731041 |
| APPLESAUCE UNSWT 96-4.5Z COMM | 8 Each | READY_TO_EAT Applesauce can be consumed right from the single-serve container, chilled or at room temperature. | 527682 |
| ORANGES MAND IN JCE 36-4.5Z GCHC | 8 Each | | 560912 |
| PEAR DCD CUP IN JCE 48-4Z GCHC | 8 Each | | 758180 |
| APPLE DRIED NAT 125-.34Z TREE TOP | 8 | | 907621 |
| CRANBERRY DRIED STRAWB 200-1.16Z | 8 Package | | 531681 |
| CRANBERRY DRIED CHRY 200-1.16Z OCSPPR | 8 Package | | 636402 |

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: 400.000

Serving Size: 1.00 1

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 9.40 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 0.48mg | | |
| Carbohydrates | 2.32g | | |
| Fiber | 0.16g | | |
| Sugar | 2.06g | | |
| Protein | 0.04g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 0.90mg | Iron | 0.01mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Juice

NO IMAGE

| | | | |
|----------------------|-----------|-----------------------|---------|
| Servings: | 400.000 | Category: | Fruit |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-33795 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|-------------------|------------|
| JUICE ORNG 100 FRSH 72-4FLZ SNCUP | 100 Each | | 118930 |
| JUICE GRP 100 FRSH 72-4FLZ SNCUP | 100 Each | | 118940 |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 100 Each | | 118921 |
| JUICE BOX FRT PNCH 100 40-4.23FLZ | 100 Each | | 698240 |

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: 400.000

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|--------|------------------|--------|
| Calories | 62.50 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 1.55mg | | |
| Carbohydrates | 15.00g | | |
| Fiber | 0.00g | | |
| Sugar | 14.00g | | |
| Protein | 0.03g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 5.30mg | Iron | 0.20mg |

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Nutrition - Per 100g

No 100g Conversion Available