

Cookbook for LYON COUNTY ELE SCHOOL

Created by HPS Menu Planner

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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 OCSPR	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