

Cookbook for Boone Grove High School

Created by HPS Menu Planner

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Cereal Pack

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30689

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT 60CT	1 Each	N/A	525290
CEREAL CINN TST RS BKFST KIT 2-36CT	1 Each	N/A	150471
CEREAL COCO PUFFS BKFST KIT R/S 60CT	1 Package	N/A	533130
CEREAL TRIX RS BKFST KIT 60CT	1 Each	N/A	525340
CEREAL FROOT LOOP BKFST KIT 44CT	1 Package		282491

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Pack

Amount Per Serving	
Calories	162.00
Fat	3.20g
SaturatedFat	0.10g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	156.00mg
Carbohydrates	32.00g
Fiber	1.40g
Sugar	14.40g
Protein	2.00g
Vitamin A 240.00IU	Vitamin C 38.88mg
Calcium 50.00mg	Iron 3.02mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Donuts

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30687
School:	Boone Grove Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	295.00		
Fat	13.50g		
SaturatedFat	6.75g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	300.00mg		
Carbohydrates	41.50g		
Fiber	2.50g		
Sugar	19.00g		
Protein	4.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.50mg

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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-30691

Ingredients

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

Spicy or Regular Chicken Wrap

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30721

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	2 Each	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.	281731
CHIX TNRD WGRAIN FC 4-8 TYS	2 Each	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.	283951
TORTILLA FLOUR LO SOD 9 16-12CT	2 Each		523610
DRESSING RNCH LT 4-1GAL GCHC	4 Tablespoon		472999
Cheese, Cheddar Reduced fat, Shredded	6 Tablespoon		100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730

Preparation Instructions

Chicken Tenders: (Appliances vary, adjust accordingly.)

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Lay tortilla on flat surface. Then brush 2 T. Ranch on tortilla. Place 1 cup of lettuce, 1/4 cup of shredded cheese, and 2 chicken tenders (spicy or regular) on top of ranch on tortilla . Roll/Fold Tortilla up.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.500
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	473.55
Fat	21.50g
SaturatedFat	7.67g
Trans Fat	0.00g
Cholesterol	36.67mg
Sodium	737.00mg
Carbohydrates	52.79g
Fiber	6.02g
Sugar	4.69g
Protein	20.27g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 70.34mg	Iron 3.33mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-33867

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package		452082
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package		865101
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	2.000
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	355.75
Fat	5.63g
SaturatedFat	1.83g
Trans Fat	0.03g
Cholesterol	57.50mg
Sodium	305.00mg
Carbohydrates	74.50g
Fiber	5.90g
Sugar	29.75g
Protein	4.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.60mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham Sub with lettuce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-34530
School:	Boone Grove Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	weight	100187
LETTUCE ROMAINE CHOP 6-2 RSS	1 Cup		735787
DOUGH ROLL SUB MINI WGRAIN 180-2.4Z	1 Each		262670

Preparation Instructions

Assemble sandwich. Wrap in cling wrap.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sub

Amount Per Serving			
Calories	245.82		
Fat	7.10g		
SaturatedFat	2.05g		
Trans Fat	0.00g		
Cholesterol	36.89mg		
Sodium	655.41mg		
Carbohydrates	35.10g		
Fiber	4.00g		
Sugar	7.05g		
Protein	17.25g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.00mg	Iron	1.96mg

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Nutrition - Per 100g

No 100g Conversion Available

Cobb Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34523

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	1 Each	Sliced.	110921
Homemade Croutons	1 Serving	1. Lay out bread slices in single layer on cookie sheet. 2. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. Flip bread on pan. 3. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. 4. Bake at 425 for 7-10 minutes or until golden brown (like toast) 5. Cut 2 slices of bread into small squares and package. Alternately, you can cube bread first. According to Exhibit A Grain Chart, 1.6 oz. weight of croutons = 2 oz. eq. whole grain.	R-31014
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	2 oz. portion cup	100012

Preparation Instructions

Layer ingredients. Package with croutons in clam shell GFS 466620.

Offer with choice of Italian or ranch dressing packet.

Salad is a reimbursable meal by itself. Students must also be able to get vegetables on the menu for the day, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	386.97
Fat	10.63g
SaturatedFat	4.03g
Trans Fat	0.00g
Cholesterol	85.00mg
Sodium	655.37mg
Carbohydrates	38.34g
Fiber	4.10g
Sugar	9.04g
Protein	33.77g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 130.59mg	Iron 3.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham Deli Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34524

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Croutons	1 Serving	1. Lay out bread slices in single layer on cookie sheet. 2. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. Flip bread on pan. 3. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. 4. Bake at 425 for 7-10 minutes or until golden brown (like toast) 5. Cut 2 slices of bread into small squares and package. Alternately, you can cube bread first. According to Exhibit A Grain Chart, 1.6 oz. weight of croutons = 2 oz. eq. whole grain.	R-31014
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Weight	100187
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	2 oz. portion cup	100012

Preparation Instructions

Layer ingredients. Package with croutons in clam shell GFS 466620.

Offer with choice of Italian or ranch dressing packet.

Salad is a reimbursable meal by itself. Students must also be able to get vegetables on the menu for the day, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	362.79
Fat	12.22g
SaturatedFat	6.07g
Trans Fat	0.00g
Cholesterol	56.89mg
Sodium	910.78mg
Carbohydrates	42.43g
Fiber	4.10g
Sugar	11.09g
Protein	24.01g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 130.59mg	Iron 3.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34526
School:	Boone Grove Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF R/SOD 6-5 JTM	2 3/4 Ounce	Weight.	175983
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	2 oz. portion cup	100012
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CHIP TORTL RND YEL 5-1.5 KE	16 Each		163020

Preparation Instructions

Layer ingredients. Package with tortilla chips in clam shell GFS 466620.

Offer with choice of Italian or ranch dressing packet. Offer salsa, jalapenos, and black olives on the side.

Salad is a reimbursable meal by itself. Students must also be able to get vegetables on the menu for the day, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	406.36		
Fat	20.40g		
SaturatedFat	7.56g		
Trans Fat	0.00g		
Cholesterol	69.72mg		
Sodium	613.49mg		
Carbohydrates	36.86g		
Fiber	4.81g		
Sugar	1.29g		
Protein	24.85g		
Vitamin A	793.95IU	Vitamin C	6.17mg
Calcium	75.23mg	Iron	3.75mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey Deli Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34525

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Croutons	1 Serving	1. Lay out bread slices in single layer on cookie sheet. 2. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. Flip bread on pan. 3. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. 4. Bake at 425 for 7-10 minutes or until golden brown (like toast) 5. Cut 2 slices of bread into small squares and package. Alternately, you can cube bread first. According to Exhibit A Grain Chart, 1.6 oz. weight of croutons = 2 oz. eq. whole grain.	R-31014
Turkey Breast Deli	3 1/4 Ounce	Weight	100121
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
Cheese, Cheddar Reduced fat, Shredded	1/4 Cup	2 oz. portion cup	100012

Preparation Instructions

Layer ingredients. Package with croutons in clam shell GFS 466620.

Offer with choice of Italian or ranch dressing packet.

Salad is a reimbursable meal by itself. Students must also be able to get vegetables on the menu for the day, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	401.43
Fat	12.21g
SaturatedFat	6.07g
Trans Fat	0.00g
Cholesterol	77.23mg
Sodium	985.22mg
Carbohydrates	40.38g
Fiber	4.10g
Sugar	9.04g
Protein	32.16g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 130.59mg	Iron 3.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Veggie Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34522

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Homemade Croutons	1 Serving	1. Lay out bread slices in single layer on cookie sheet. 2. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. Flip bread on pan. 3. Spray bread with Vegalene Garlic Mist and sprinkle with No sodium Italian seasoning. 4. Bake at 425 for 7-10 minutes or until golden brown (like toast) 5. Cut 2 slices of bread into small squares and package. Alternately, you can cube bread first. According to Exhibit A Grain Chart, 1.6 oz. weight of croutons = 2 oz. eq. whole grain.	R-31014
LETTUCE ROMAINE RIBBONS 6-2 RSS	2 Cup		451730
CARROT BABY WHL PETITE 4-5 RSS	1/4 Cup		768146
TOMATO GRAPE SWT 10 MRKN	1/4 Cup		129631
CUCUMBER SELECT 24CT MRKN	1/4 Cup		418439
Cheese, Cheddar Reduced fat, Shredded	1/2 Cup	4 oz. portion cup	100012

Preparation Instructions

Layer vegetables. Package with portion cup of cheese and package of croutons in clam shell GFS 466620.

Offer with choice of Italian or ranch dressing packet.

Salad is a reimbursable meal by itself. Students must also be able to get vegetables on the menu for the day, fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	1.000
RedVeg	0.500
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	366.97
Fat	14.13g
SaturatedFat	8.03g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	635.37mg
Carbohydrates	39.34g
Fiber	4.10g
Sugar	9.04g
Protein	20.77g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 130.59mg	Iron 3.08mg

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Nutrition - Per 100g

No 100g Conversion Available

Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34210
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN FF PRO 4-6 DANN	4 Ounce		673261
CEREAL GRANOLA HNY OATS 4-44Z	1/3 Cup	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	818961
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each		100256

Preparation Instructions

Package in parfait cup GFS 773551.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
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	302.99
Fat	3.45g
SaturatedFat	0.49g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	90.39mg
Carbohydrates	61.66g
Fiber	3.48g
Sugar	37.90g
Protein	7.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 146.67mg	Iron 0.86mg

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Nutrition - Per 100g

No 100g Conversion Available

2 ounce Cereal Bowls

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34808

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT CUP 60-2Z	1 Each		105307
CEREAL RICE CHEX CINN CUP 60-2Z GENM	1 Each		105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Container		105840
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each		105931

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	207.50
Fat	3.50g
SaturatedFat	0.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	310.00mg
Carbohydrates	42.00g
Fiber	3.75g
Sugar	14.50g
Protein	3.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 102.50mg	Iron 5.18mg

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Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30707

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn fzn	15 Pound		100348
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

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	0.500

Nutrition Facts

Servings Per Recipe: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.21		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.92mg		
Carbohydrates	16.33g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
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

Mashed Potatoes

Servings:	150.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34398
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO MASH REAL PREM 12-26Z IDAHOAN	11 Pound		166872

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	0.500

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	115.60
Fat	1.44g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	447.95mg
Carbohydrates	24.56g
Fiber	1.44g
Sugar	1.44g
Protein	2.89g
Vitamin A 0.00IU	Vitamin C 5.20mg
Calcium 28.90mg	Iron 0.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Low Sodium Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34217

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD 8-22.6Z TRIO	22 3/5 Ounce		552061
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE

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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	22.30		
Fat	0.56g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	2.79mg		
Sodium	64.12mg		
Carbohydrates	3.35g		
Fiber	0.00g		
Sugar	0.56g		
Protein	0.56g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.58mg	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

Breakfast Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34206
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
BISCUIT WGRAIN EZ SPLIT 120-2Z PILLS	1 Each		631902

Preparation Instructions

Wrap in foil sheet GFS 177199.

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	230.00
Fat	12.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	95.00mg
Sodium	440.00mg
Carbohydrates	23.00g
Fiber	2.00g
Sugar	2.00g
Protein	7.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.00mg	Iron 1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30710

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1/2 Cup		110473

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
Protein	3.00g		
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

Breakfast Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34214
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG PTY RND 3.5 300-1.25Z PAP	1 Each		741320
TORTILLA FLOUR ULTRGR 6 30-12CT	1 Each		882690

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	150.00		
Fat	7.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	95.00mg		
Sodium	185.00mg		
Carbohydrates	16.00g		
Fiber	2.00g		
Sugar	1.00g		
Protein	5.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	42.00mg	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

Brown Rice

Servings:	2.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30712

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	1/4 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371

Preparation Instructions

BOIL

Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.

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: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	85.00		
Fat	0.75g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	18.00g		
Fiber	0.50g		
Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	2.50mg	Iron	0.50mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Steamed Carrots

Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30711

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	1/2 Cup		100352

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	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	27.00		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	24.00mg		
Sodium	43.00mg		
Carbohydrates	6.00g		
Fiber	2.00g		
Sugar	3.00g		
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

Seasoned Peas and Carrots

Servings:	73.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31017
School:	Boone Grove Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	7 1/2 Pound		100350
Carrots fzn	7 1/2 Pound		100352
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

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	0.250
OtherVeg	0.000
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 73.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	50.89		
Fat	0.51g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	12.33mg		
Sodium	63.64mg		
Carbohydrates	9.75g		
Fiber	3.36g		
Sugar	3.87g		
Protein	2.33g		
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

General Tso Chicken- Homemade

Servings:	609.00	Category:	Entree
Serving Size:	12.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34014
School:	Boone Grove High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken Fillet, Cooked, Unbreaded, Frozen	95 1/4 Pound	At least 2.5 oz. per serving	110921
Tap Water for Recipes	17 1/2 Cup	1 gallon + 1.5 cups	000001WTR
STARCH CORN 24-1 ARGO	3 Cup		108413
SAUCE HOISIN 4-.5GAL GSIG	6 3/4 Cup	1 quart + 2.75 cup	465392
SAUCE SOY LITE 6-.5GAL KIKK	1 Cup		466425
SUGAR BROWN LT 12-2 P/L	6 1/2 Pound		860311
KETCHUP CAN NAT LO SOD 6-10 REDG	6 3/4 Cup	1 quart + 2.75 cups	200621
SPICE GINGER GRND 16Z TRDE	3 Tablespoon		513695
SPICE PEPR RED CRUSHED 12Z TRDE	1 Tablespoon		430196
SPICE GARLIC GRANULATED 24Z TRDE	1 Teaspoon		513881

Preparation Instructions

Bake chicken according to manufacturer instructions.

For Sauce:

1. Add all ingredients to kettle except cornstarch.
2. Add corn starch. whisk to dissolve.
3. Bring to a boil for 2-3 minutes; let cool slightly.
4. Use 1 quart of sauce per 8 lb. of chicken.
5. Mix sauce with chicken just prior to serving or chicken will soak up too much sauce.

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: 609.00

Serving Size: 12.00 Each

Amount Per Serving

Calories	130.33		
Fat	2.55g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	66.39mg		
Sodium	296.07mg		
Carbohydrates	7.10g		
Fiber	0.00g		
Sugar	6.08g		
Protein	20.54g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.80mg	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

Fried Rice

Servings:	216.00	Category:	Entree
Serving Size:	0.75 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
101031 USDA Foods Rice, Brown, Long-Grain, Parboiled	13 1/2 Pound	About 32.5 cups	516371
EGG SCRMBD IQF 20 PAP	6 Pound		148163
PEAS FRZN 30	4 1/2 Pound	Commodity Thawed	100350
CARROT DCD 30 GCHC	4 1/2 Pound		285640
SAUCE SOY LITE 6-.5GAL KIKK	2 1/2 Cup		466425

Preparation Instructions

Note: Make sure eggs, peas and carrots are thawed

Recipe makes 6-4B pans

Spray pans well!!

Cook rice according to package directions.

In each 4B pan put the following: 22 cups of cooked rice, 1 lb scramble eggs, 3/4 lb peas, 3/4 lb diced carrots, 6 2/3 Tbsp. Soy Sauce.

Bake at 325 degrees for 1 hour and 20 minutes or until temperature reaches 170 degrees. Stirring halfway through.

Put in pass through warmer until serving time.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
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: 216.00

Serving Size: 0.75 Cup

Amount Per Serving

Calories	146.66
Fat	2.34g
SaturatedFat	0.45g
Trans Fat	0.00g
Cholesterol	56.00mg
Sodium	162.18mg
Carbohydrates	26.48g
Fiber	1.80g
Sugar	0.92g
Protein	4.56g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 13.17mg	Iron 0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pulled Pork

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34406
School:	Porter Lakes Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	4 Ounce	Weight	110730*
SAUCE BBQ SWEET 4-1GAL GCHC	1 Ounce		435170

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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	257.80
Fat	10.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	714.00mg
Carbohydrates	20.00g
Fiber	0.40g
Sugar	19.00g
Protein	22.20g
Vitamin A 142.54IU	Vitamin C 1.06mg
Calcium 1.14mg	Iron 0.11mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sub Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sub	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31029
School:	Boone Grove Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	cut in half to make two triangles	150260
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	weight	100187
Turkey Breast Deli	1 3/5 Ounce	weight	100121

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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 Sub

Amount Per Serving	
Calories	308.00
Fat	11.00g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	58.50mg
Sodium	916.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	5.50g
Protein	22.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 137.50mg	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

Seasoned Green Beans

Servings:	51.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30704

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	2 #10 CAN		100307
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 package	209810

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	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 51.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	17.53		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	153.13mg		
Carbohydrates	3.41g		
Fiber	2.03g		
Sugar	1.01g		
Protein	1.01g		
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

Blueberry Oat Bars

Servings:	25.00	Category:	Grain
Serving Size:	1.00 Bar	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31008

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OATS QUICK HOT CEREAL 50 P/L	1 1/2 Quart		284386
FLOUR H&R 2-25 ARDENT MILLS	3 Cup		275212
SUGAR BROWN MED 25 GCHC	2 1/4 Cup	Divided	108626
MARGARINE SLD 30-1 GCHC	19 Ounce		733061
Blueberries, Frozen	12 1/2 Cup	Frozen	110624
LEMON JUICE 100 12-32FLZ GCHC	3/8 Cup		311227
STARCH CORN 24-1 ARGO	2 Tablespoon		108413

Preparation Instructions

1. Preheat oven to 350° F. Spray a large cake pan with vegetable oil spray
2. In a mixer with a flat paddle attachment, mix oats, flour, 1 1/2 cups brown sugar and cold butter until large clumps form.
3. Transfer 1/2 the mixture to a prepared pan and press down firmly to make the crust.
4. For blueberry layer, in a large sauce pot, mix all ingredients together over medium high heat. Stirring constantly. Boil for two minutes.
5. Pour blueberry mixture over crust.
6. Sprinkle remaining crumb mixture on top of blueberry and crust.
7. Bake in oven for 35-35 minutes. (checking at 20 minutes)
8. Let cool completely before cutting into bars.

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: 25.00

Serving Size: 1.00 Bar

Amount Per Serving

Calories	383.43
Fat	19.11g
SaturatedFat	7.13g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	168.49mg
Carbohydrates	51.36g
Fiber	4.30g
Sugar	24.28g
Protein	3.98g
Vitamin A 1140.12IU	Vitamin C 0.00mg
Calcium 2.59mg	Iron 1.47mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Peas

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30713

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAS FRZN 30	15 Pound		100350
BUTTER SUB 24-4Z BTRBUDS	2 Ounce	1/2 Package	209810

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	0.500

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.14		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	76.37mg		
Carbohydrates	13.25g		
Fiber	4.72g		
Sugar	4.72g		
Protein	4.72g		
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