

Cookbook for CREEKSIDE ELEM SCHL

Created by HPS Menu Planner

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Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22379
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6- 8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6- 25CT BKCHEF	1 Each	*Order biscuit #237390 if this one is out of stock.*	126962

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Place sandwiches in well and cover with lid ; hold for service.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Serving

Amount Per Serving

Calories	265.00
Fat	10.50g
SaturatedFat	5.00g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	535.00mg
Carbohydrates	31.00g
Fiber	3.50g
Sugar	3.00g
Protein	11.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 61.00mg	Iron 2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Egg Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22381
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Hawaiian Roll	1 Ounce		149052
EGG PTY FRD HMSTYL CRKD PEPR 168-1.5Z	1 Each	Recommended to cook from frozen, but can be thawed in a single layer on a covered sheet pan, in a cooler for 24 hours.	635671

Preparation Instructions

Cook egg at 250 until temperature reaches 135 degree. Assemble and serve.

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	200.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	125.00mg		
Sodium	285.00mg		
Carbohydrates	19.00g		
Fiber	1.00g		
Sugar	4.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	29.00mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken & Ranch Wrap

Servings:	1.00	Category:	Entree
Serving Size:	1.00 1 each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25891
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNRD HOT & SPCY WG FC 1.13Z 4-8	4 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
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each	Lay shells out on a flat surface	523610
DRESSING RNCH DISPNSR PK 2- 1.5GAL HNZ	1 Tablespoon	spread with ranch dressing	676210
CHEESE CHED MLD SHRD 4-5 LOL	2 Tablespoon	Sprinkle with cheese	150250
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup	Top with shredded romaine, Roll tightly and cut in half.	451730

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	3.167
Grain	3.583
Fruit	0.000
GreenVeg	0.011
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 1 each

Amount Per Serving

Calories	631.77
Fat	35.00g
SaturatedFat	10.33g
Trans Fat	0.00g
Cholesterol	53.33mg
Sodium	887.00mg
Carbohydrates	54.19g
Fiber	8.01g
Sugar	3.84g
Protein	28.01g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 196.67mg	Iron 4.67mg

*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:	8.00 1 each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25895

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1% Low Fat White Milk	1 Carton		13871

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: 8.00 1 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 10.00IU	Vitamin C 2.00mg
Calcium 30.00mg	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

Chocolate 1% Milk

Servings:	1.00	Category:	Milk
Serving Size:	8.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-25898
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chocolate 1% Milk	1 Cup	READY_TO_DRINK	13875

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: 8.00 Ounce

Amount Per Serving	
Calories	150.00
Fat	2.50g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	230.00mg
Carbohydrates	24.00g
Fiber	0.00g
Sugar	22.00g
Protein	8.00g
Vitamin A 173.00IU	Vitamin C 0.00mg
Calcium 277.00mg	Iron 0.00mg

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

Nutrition - Per 100g

Calories	66.14		
Fat	1.10g		
SaturatedFat	0.66g		
Trans Fat	0.00g		
Cholesterol	4.41mg		
Sodium	101.41mg		
Carbohydrates	10.58g		
Fiber	0.00g		
Sugar	9.70g		
Protein	3.53g		
Vitamin A	76.28IU	Vitamin C	0.00mg
Calcium	122.14mg	Iron	0.00mg

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

Shredded BBQ Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25899
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK PULLED BBQ LO SOD 4-5 BROOKWD	4 Cup		498702
3474 WGR HAMBURGER BUN (76) 60g 12ct	1 Cup	READY_TO_EAT	

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	380.00		
Fat	10.00g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	65.00mg		
Sodium	460.00mg		
Carbohydrates	43.00g		
Fiber	2.00g		
Sugar	4.00g		
Protein	27.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	71.00mg	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

Elementary Walking Taco

Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-25911
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY TACO MEAT FC 4-7 JENNO	3 Ounce		768230
CHIP TORTL SCOOP BKD 72-.875Z TOSTIT	1 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	696871
CHEESE CHED MLD SHRD 4-5 LOL	1/2 Ounce		150250
SOUR CREAM PKT FF 100-1Z LOL	1 Each		853190
LETTUCE ROMAINE RIBBONS 6-2 RSS	1/2 Cup		451730

Preparation Instructions

To serve:

Use 1 #12 scoop of taco meat, 1 bag of chips and 2 Tbsp shredded cheese. Serve shredded lettuce and sour cream packet on the side.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.493
Grain	1.250
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

Amount Per Serving

Calories	299.74
Fat	11.98g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	69.82mg
Sodium	568.94mg
Carbohydrates	25.51g
Fiber	1.01g
Sugar	2.01g
Protein	21.96g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 209.60mg	Iron 1.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Elem Fresh Fruit Friday

Servings:	4.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28512
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
BANANA TURNING SNGL 150CT 40 P/L	1 Each		197769

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	90.70
Fat	0.28g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.13mg
Carbohydrates	23.50g
Fiber	4.18g
Sugar	11.00g
Protein	1.13g
Vitamin A 139.66IU	Vitamin C 25.87mg
Calcium 26.40mg	Iron 0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sandwich

Servings:	32.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29408
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Pound		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Pound		247822
Whole Grain Hamburger Bun, 3.5"	32 Each	READY_TO_EAT	3227

Preparation Instructions

Lay buns out on a lined sheet pan. Take off tops.
Place 4 slices turkey on each bun bottom.
Add 2 slices cheese.
Place top of bun on each sandwich.
Bag or wrap each sandwich.
CCP: Hold for cold service at 41° or lower.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 32.00

Serving Size: 1.00

Amount Per Serving

Calories	245.17
Fat	8.19g
SaturatedFat	3.84g
Trans Fat	0.00g
Cholesterol	42.59mg
Sodium	780.34mg
Carbohydrates	22.00g
Fiber	2.00g
Sugar	4.00g
Protein	23.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 207.00mg	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

Turkey and Cheese Wrap

Servings:	32.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-29659
School:	NORTHWOOD ELEMENTARY		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Pound		689541
CHEESE AMER 160CT SLCD R/F R/SOD 4-5 - Bongards - W	2 Pound		247822
TORTILLA FLOUR LO SOD 9 16-12CT	32 Each	Ready to Eat	523610

Preparation Instructions

Lay Wraps out

Place 4 slices turkey on each wrap

Add 2 slices cheese.

Role wrap up

Bag or wrap each Turkey/Cheese Wrap

CCP: Hold for cold service at 41° or lower.

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: 32.00

Serving Size: 1.00

Amount Per Serving

Calories	305.17
Fat	11.19g
SaturatedFat	6.84g
Trans Fat	0.00g
Cholesterol	42.59mg
Sodium	737.34mg
Carbohydrates	32.00g
Fiber	4.00g
Sugar	3.00g
Protein	24.41g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.00mg	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

Chicken Nuggets w/ Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30421
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX NUGGET BRD CKD WGRAIN .6Z 6-5	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-14 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501851
Whole Grain Dinner Roll	1 1	READY_TO_EAT Ready to eat	3920

Preparation Instructions

CCP: Hold nuggets for hot service at 135° or higher.
Serve 5 nuggets and 1 roll together as an entree.

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	280.00		
Fat	11.00g		
SaturatedFat	2.00g		
Trans Fat	0.00g		
Cholesterol	35.00mg		
Sodium	535.00mg		
Carbohydrates	28.00g		
Fiber	3.00g		
Sugar	2.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Egg & Cheese Biscuit

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33846
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	Use biscuit #237290 if this one is unavailable.	126962
Egg Patty	1 Each		110931
CHEESE AMER 160CT SLCD 6-5 COMM	1 Slice	READY_TO_EAT Pre-sliced Use Cold or Melted	150260

Preparation Instructions

Use commodity egg patties and commodity cheese slices whenever possible.

1. Place single layer of egg patties in a lightly sprayed steam table pan. Cook according to package directions.

CCP: Heat to 165F for at least 15 seconds.

CCP: Hold for hot service at 135F or higher

2. Pan the biscuits on a paper-lined sheet pan. Bake until lightly brown at 325 F for approx 10- 14 minutes.

3. Assemble egg patty onto a biscuit and top with 1 slice of cheese.

Bag or wrap sandwich and hold for hot service at 135F or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
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 Serving

Amount Per Serving

Calories	295.00
Fat	16.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	137.50mg
Sodium	655.00mg
Carbohydrates	27.00g
Fiber	2.00g
Sugar	3.50g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 121.50mg	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

Mac & Cheese Bowl w/ garlic breadstick

Servings:	80.00	Category:	Grain
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34029
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ENTREE MAC and CHS WGRAIN 6-5# LOL	30 Pound		527582
BREADSTICK WGRAIN 1Z 6-54CT ULTR LOCO	80 Each		512723

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.836
Grain	2.289
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 80.00

Serving Size: 6.00 Ounce

Amount Per Serving	
Calories	482.81
Fat	17.00g
SaturatedFat	8.25g
Trans Fat	0.00g
Cholesterol	41.25mg
Sodium	1111.24mg
Carbohydrates	56.34g
Fiber	3.06g
Sugar	9.28g
Protein	27.78g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 633.90mg	Iron 1.79mg

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

Nutrition - Per 100g

Calories	283.84
Fat	9.99g
SaturatedFat	4.85g
Trans Fat	0.00g
Cholesterol	24.25mg
Sodium	653.30mg
Carbohydrates	33.12g
Fiber	1.80g
Sugar	5.46g
Protein	16.33g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 372.67mg	Iron 1.05mg

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

Chicken Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-34271
School:	FRANKLIN COMMUNITY HIGH SCHOOL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HMSTYL 1.6Z 4-5 TYS	1 Each	BAKE Appliances vary, adjust accordingly. Conventional Oven 10-12 minutes at 400°F from frozen. CONVECTION Appliances vary, adjust accordingly. Convection Oven 6-8 minutes at 375°F from frozen.	645080
BISCUIT BTRMLK WGRAIN 6-25CT BKCHEF	1 Each	DO NOT OPEN BAG BEFORE BAKING . BAKE IN CONVECTION OVEN AT 375 DEGREES F FOR 16-18 MINUTES FROM FROZEN; 8-10 MINUTES FROM THAWED. BAKE IN CONVENTIONAL OVEN AT 400 DEGREES F FOR 20-22 MINUTES FROM FROZEN; 10-12 MINUTES FROM THAWED. MICROWAVE: 1 BISCUIT FOR 15 SECONDS.	126962

Preparation Instructions

1. Split biscuits and place one chicken patty onto each biscuit.
2. Individually wrap sandwiches.

CCP: Hold for hot service at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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 Serving

Amount Per Serving

Calories	265.00		
Fat	10.50g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	12.50mg		
Sodium	535.00mg		
Carbohydrates	31.00g		
Fiber	3.50g		
Sugar	3.00g		
Protein	11.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	61.00mg	Iron	2.44mg

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

Nutrition - Per 100g

No 100g Conversion Available

Animal Crackers & PB Cup

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34403
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER ANIMAL WGRAIN 150-1Z KEEB	1 Package		682840
Peanut Butter, Smooth-- USDA Commodity 100396	2 Tablespoon	READY_TO_EAT	100396

Preparation Instructions

Portion 2T commodity peanut butter into a cup with lid. Serve with package of animal crackers.

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 Serving

Amount Per Serving			
Calories	320.00		
Fat	19.50g		
SaturatedFat	4.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	275.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	11.00g		
Protein	9.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Applesauce Cups, asst. flavors

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35474
School:	CREEKSIDE ELEM SCHL		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE UNSWT CUP 96-4.5Z P/L	1 Each		753911
APPLESAUCE CINN CUP 96-4.5Z P/L	1 Each		753921
APPLESAUCE STRAWB UNSWT 96-4.5Z P/L	1 Each		753931

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 Serving

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

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