

Cookbook for North Liberty Elem

Created by HPS Menu Planner

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Assorted Cereal

Fruit

100% Fruit Juice

Variety of Crackers

Assorted Cereal

NO IMAGE

Servings:	30.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9662

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 3/4 Each	READY_TO_EAT Ready to eat	266052
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 3/4 Each		283611
CEREAL CINN TOAST R/S BWL 96CT GENM	1 3/4 Each		365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 3/4 Each		270401
CEREAL FRSTD FLKS R/S BWL 96CT KELL	1 3/4 Each		388190
CEREAL CORN FROSTIES BWLPK 96CT GENM	1 3/4 Each		704280
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 3/4 Each		283620
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 3/4 Each		509434
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 3/4 Each		509396
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 3/4 Package		265811
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 3/4 Each		662186
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 3/4 Package		268711
CEREAL RICE KRISPIES WGRAIN 96-1Z	1 3/4 Each		509303

Description	Measurement	Prep Instructions	DistPart #
CEREAL RAISIN BRAN BWL 96CT KELL	1 3/4 Each		247197
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 3/4 Package		265782
CEREAL CHEERIOS WGRAIN BWL 96CT GENM	1 3/4 Each		264702
CEREAL CINN CHEX BWL 96-1Z GENM	1 3/4 Each		453143

Preparation Instructions

No Preparation Instructions available.

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: 30.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories	107.90		
Fat	1.15g		
SaturatedFat	0.04g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	151.52mg		
Carbohydrates	23.71g		
Fiber	2.04g		
Sugar	6.65g		
Protein	1.96g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.55mg	Iron	4.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit



Servings:	43.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9660

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEACH CHNK BITE SZ IN JCE 6-10 GCHC	4 3/10 Cup		610437
FRUIT MIXED DCD IN JCE 6-10 GCHC	4 3/10 Cup		610348
PINEAPPLE TIDBITS IN JCE 6-10 GCHC	4 3/10 Cup		189979
PEAR DCD IN JCE 6-10 GCHC	4 3/10 Cup		610364
APPLESAUCE UNSWT 6-10 GCHC	4 3/10 Cup		271497

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.455
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 43.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	57.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	4.00mg		
Carbohydrates	14.39g		
Fiber	1.15g		
Sugar	10.94g		
Protein	0.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.44mg	Iron	0.06mg

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Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

NO IMAGE

Servings:	56.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9659

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100 70-4FLZ SNCUP	11 1/5 Each		403040
JUICE FRT PNCH 100 70-4FLZ SNCUP	11 1/5 Each		355900
JUICE ORNG/PINEAP 100 70-4FLZ SNCUP	11 1/5 Each		403021
JUICE APPL 100 70-4FLZ SNCUP	11 1/5 Each		207990
JUICE ORNG 100 70-4FLZ SNCUP	11 1/5 Each		207980

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: 56.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	61.40		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	14.60g		
Fiber	0.00g		
Sugar	13.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.24mg
Calcium	30.00mg	Iron	0.07mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Crackers



Servings:	26.000	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-22918

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 210-1Z	2 1/6 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	2 1/6 Package		774471
CRACKER GLDFSH GRHM FREN TST 300-1Z	2 1/6 Package		288252
CRACKER GRHM BUG BITES 210CT KEEB	2 1/6 Package		859560
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	2 1/6 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	2 1/6 Package		503370
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	2 1/6 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	2 1/6 Package		194510
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	2 1/6 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	2 1/6 Package		805640
CRACKER GLDFSH WGRAIN COLOR 300- .75Z	2 1/6 Package		112702
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 1/6 Package		736280

Preparation Instructions

All packages equal 1 grain and are whole grain.

Note: When used at breakfast it does not matter about dessert grains.

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: 26.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	117.50		
Fat	3.71g		
SaturatedFat	0.79g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	123.75mg		
Carbohydrates	19.50g		
Fiber	1.17g		
Sugar	5.92g		
Protein	1.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	13.33mg	Iron	0.87mg

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Nutrition - Per 100g

No 100g Conversion Available