

# **Cookbook for River Forest Middle and High School**

**Created by HPS Menu Planner**

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# Assortment of Cereal

<b>Servings:</b>	8.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each		266052
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each		509396
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each		365790
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 8.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	110.34
<b>Fat</b>	1.63g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	159.09mg
<b>Carbohydrates</b>	23.25g
<b>Fiber</b>	2.00g
<b>Sugar</b>	8.25g
<b>Protein</b>	1.69g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 76.15mg	<b>Iron</b> 2.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 100% Fruit Juice

<b>Servings:</b>	5.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28069
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 125ML 40CT	1 Each		733240
JUICE BOX PNCH 100 125ML 40CT	1 Each		733230
JUICE APPLE 100 FRSH 72-4FLZ SNCUP	1 Each		118921
JUICE BOX MXD BRY 100 40-4.23FLZ A&E	1 Each		659712
JUICE ORNG 100 FRSH 72-4FLZ SNCUP	1 Each		118930

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	56.00
<b>Fat</b>	0.00g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	9.24mg
<b>Carbohydrates</b>	13.60g
<b>Fiber</b>	0.00g
<b>Sugar</b>	12.00g
<b>Protein</b>	0.02g
<b>Vitamin A</b> 200.00IU	<b>Vitamin C</b> 24.00mg
<b>Calcium</b> 10.24mg	<b>Iron</b> 0.04mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Muffins

<b>Servings:</b>	5.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 muffin	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-28078
<b>School:</b>	Evans Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN CINN STRUSL WGRAIN IW 60-1.94Z	1 Each		279991
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 muffin

Amount Per Serving	
<b>Calories</b>	192.00
<b>Fat</b>	7.40g
<b>SaturatedFat</b>	1.80g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	19.00mg
<b>Sodium</b>	140.00mg
<b>Carbohydrates</b>	29.60g
<b>Fiber</b>	1.20g
<b>Sugar</b>	14.80g
<b>Protein</b>	2.60g
<b>Vitamin A</b> 2.88IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 16.00mg	<b>Iron</b> 1.07mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chef Salad with Banana Bread

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28051

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	4 Cup	2 cups per salad	206504
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1/8 cup or 1 ounce spoodle per salad	150250
EGG HARD CKD PLD 25 GCHC	2 Each	Cut in half	711160
CUCUMBER SELECT 24CT MRKN	1/4 Cup	Sliced. 2 to 3 slices per salad	418439
TOMATO GRAPE SWT 10 MRKN	1/2 Cup	3 tomatoes per salad	129631
Ham, Cubed Frozen	2 Ounce	3 ounce spoodle= 1.5 Meat Equivalents	100188-H
Chicken, Diced, Cooked, Frozen	1 4/5 Ounce	3 ounce spoodle = 1.75 Meat Equivalents	100101
BREAD BANANA IW 70-3.4Z SUPBAK	2 Each		230361
CROUTON SEAS PC PKT 500-.25Z FRSHGOUR	2 Package		175400

## Preparation Instructions

Wash and cut or dice all vegetables. Put 2 cups of lettuce in container and then layer the following: 1/8 cup cheese, egg that has been cut in half, 2 to 3 slices of cucumber, and 3 grape tomatoes. Portion meat in soufflé cup and offer choice of chicken or diced ham cup with salad. Also allow students to take 1 package of croutons and 1 slice of banana bread. Offer dressing choices with salad.

Note: Salad without portion meat cup is equal to 2.50 Meat/Meat Alternative Equivalents.

CCP: Cold foods should be kept at 41° or colder. Food kept at room temperature for serving must be thrown away after 4 hours.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	4.220
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.250
<b>OtherVeg</b>	0.702
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 salad

### Amount Per Serving

<b>Calories</b>	519.89
<b>Fat</b>	20.33g
<b>SaturatedFat</b>	6.84g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	233.65mg
<b>Sodium</b>	730.83mg
<b>Carbohydrates</b>	59.76g
<b>Fiber</b>	4.90g
<b>Sugar</b>	30.50g
<b>Protein</b>	27.24g
<b>Vitamin A</b> 381.68IU	<b>Vitamin C</b> 6.35mg
<b>Calcium</b> 319.74mg	<b>Iron</b> 2.14mg

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## Nutrition - Per 100g

No 100g Conversion Available