

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Assorted Cereal Bars

Servings:	6.000	Category:	Vegetable
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22418

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265891
BAR CEREAL TRIX WGRAIN 96-1.42Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL COCOPUFF WGRAIN 96-1.42Z	1 Each	READY_TO_EAT Ready to eat cereal bars	265901
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170

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: 6.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	155.00
Fat	3.67g
SaturatedFat	0.42g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	127.50mg
Carbohydrates	29.50g
Fiber	3.00g
Sugar	10.67g
Protein	2.17g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 183.33mg	Iron 1.65mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Grahams

Servings:	11.000	Category:	Vegetable
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-37330

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM HNY CHOC BUNNY 100-1.25Z	1 Package		643012
CRACKER GRHM HNY BUNNY 100-1.25Z GENM	1 Package		643052
CRACKER GRHM CHARACT CINN 150-1Z KEEB	1 Package		330751
CRACKER GRHM CHARACT W/G 150-1Z KEEB	1 Package		264282
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Package		774471
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.023
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 11.000

Serving Size: 1.00 Package

Amount Per Serving

Calories	126.36		
Fat	4.18g		
SaturatedFat	0.86g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	106.36mg		
Carbohydrates	21.18g		
Fiber	1.55g		
Sugar	7.36g		
Protein	2.18g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	40.91mg	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