

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Breakfast Muffin & String Cheese

Servings:	6.000	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35472

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ 168-1Z BONGARDS	6 Each		579050
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations</p>	262370
MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA	1 Each		557970
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	<p>MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigeration.</p>	262362
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN CHOC/CHOC CHP WGRAIN IW 72-2Z	1 Each		557991
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each	<p>READY_TO_EAT Thaw and serve.</p>	262343

Preparation Instructions

Set out assortment of muffins with string cheese.

A serving is 1 muffin + 1 string cheese.

CCP: Hold string cheese for cold service at 35F or below.

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: 6.000

Serving Size: 1.00 Serving

Amount Per Serving

Calories	270.00
Fat	12.50g
SaturatedFat	5.17g
Trans Fat	0.03g
Cholesterol	37.50mg
Sodium	323.33mg
Carbohydrates	30.17g
Fiber	1.67g
Sugar	15.83g
Protein	9.67g
Vitamin A 2.40IU	Vitamin C 0.01mg
Calcium 218.50mg	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

Fresh Mixed Berries

Servings:	50.000	Category:	Fruit
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30921

Ingredients

Description	Measurement	Prep Instructions	DistPart #
STRAWBERRY 8 MRKN	8 Pound	Wash berries and slice into quarters.	212768
BLUEBERRY 12-1PT P/L	12 Pint	Wash berries thoroughly.	451690
BLACKBERRY 12-1/2PT P/L	12 Pint	Wash berries thoroughly.	430351

Preparation Instructions

Gently mix quartered strawberries, blueberries, and blackberries in bowl. Portion into 4 oz serving cups.

CCP: Hold at 41F or lower until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.524
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.000

Serving Size: 4.00 Ounce

Amount Per Serving

Calories	93.43		
Fat	0.80g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.13mg		
Carbohydrates	22.49g		
Fiber	6.86g		
Sugar	13.97g		
Protein	2.00g		
Vitamin A	194.99IU	Vitamin C	64.08mg
Calcium	35.92mg	Iron	0.92mg

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Nutrition - Per 100g

Calories	82.40		
Fat	0.71g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	1.88mg		
Carbohydrates	19.83g		
Fiber	6.05g		
Sugar	12.32g		
Protein	1.76g		
Vitamin A	171.95IU	Vitamin C	56.51mg
Calcium	31.67mg	Iron	0.81mg

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Assorted Cereal Bars

Servings:	6.000	Category:	Entree
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

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Grahams

Servings:	11.000	Category:	Entree
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

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Nutrition - Per 100g

No 100g Conversion Available