

# **Cookbook for NORTHWOOD ELEMENTARY**

**Created by HPS Menu Planner**

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# Assorted Cereal Bars

<b>Servings:</b>	6.000	<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-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

<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: 6.000

Serving Size: 1.00 Each

### Amount Per Serving

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

<b>Servings:</b>	11.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Package	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.023
<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: 11.000

Serving Size: 1.00 Package

### Amount Per Serving

<b>Calories</b>	126.36		
<b>Fat</b>	4.18g		
<b>SaturatedFat</b>	0.86g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	106.36mg		
<b>Carbohydrates</b>	21.18g		
<b>Fiber</b>	1.55g		
<b>Sugar</b>	7.36g		
<b>Protein</b>	2.18g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.91mg	<b>Iron</b>	0.80mg

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## Nutrition - Per 100g

No 100g Conversion Available