

Cookbook for NORTHWOOD ELEMENTARY

Created by HPS Menu Planner

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Fresh Mixed Fruit

Asst. Raisins & Craisins

Assorted Cereal Pouches

Fresh Mixed Fruit

Servings:	8.000	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30479

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLE DELIC GLDN 125-138CT MRKN	1 Each		597481
ORANGES NAVEL/VALENCIA FCY 138CT MRKN	1 Each		198021
PEAR 95-110CT MRKN	1 Each		198056
GRAPES RED SDLSS 18AVG MRKN	4 Cup		197831
STRAWBERRY 8 MRKN	2 Ounce		212768

Preparation Instructions

Slice fruit on hand and mix together in a large bowl.

Portion into 4 oz cups.

CCP: Hold at 41 F or lower

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: 8.000

Serving Size: 0.50 Cup

Amount Per Serving

Calories	90.76		
Fat	0.38g		
SaturatedFat	0.08g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.15mg		
Carbohydrates	23.60g		
Fiber	2.58g		
Sugar	17.42g		
Protein	0.98g		
Vitamin A	145.24IU	Vitamin C	19.18mg
Calcium	25.35mg	Iron	0.36mg

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

Nutrition - Per 100g

No 100g Conversion Available

Asst. Raisins & Craisins

Servings:	3.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-35473

Ingredients

Description	Measurement	Prep Instructions	DistPart #
RAISIN SELECT 1.5Z BOXES 24-6CT P/L	1 Package	Use commodity raisins whenever possible! :-)	544426
CRANBERRY DRIED CHRY 200-1.16Z OCSPR	1 Package		636402
CRANBERRY DRIED STRAWB 200-1.16Z	1 Package		531681

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: 3.000

Serving Size: 1.00 Each

Amount Per Serving

Calories	115.33		
Fat	0.10g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	2.60mg		
Carbohydrates	28.33g		
Fiber	2.10g		
Sugar	25.67g		
Protein	0.40g		
Vitamin A	1.23IU	Vitamin C	0.03mg
Calcium	5.30mg	Iron	0.39mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Pouches

Servings:	6.000	Category:	Entree
Serving Size:	1.00 1 Pouch	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22428

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS POU 96-1Z GENM	1 Each	READY_TO_EAT Ready to eat cereal bars	795420
CEREAL CINN TOAST CRNCH POU 96-1Z	1 Each	READY_TO_EAT Ready to eat cereal bars	656562
Lucky Charms Cereal Pouch	1 Each	READY_TO_EAT	14392
Froot Loops Cereal Pouch	1 Each	READY_TO_EAT	11467
Frosted Flakes Multi Grain Pouch	1 Each	READY_TO_EAT	11465
Apple Jacks Cereal Pouch	1 Each	READY_TO_EAT	11469

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 1 Pouch

Amount Per Serving	
Calories	108.33
Fat	1.08g
SaturatedFat	0.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	173.33mg
Carbohydrates	23.50g
Fiber	1.67g
Sugar	8.00g
Protein	1.67g
Vitamin A 150.00IU	Vitamin C 3.10mg
Calcium 30.00mg	Iron 1.57mg

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

Nutrition - Per 100g

No 100g Conversion Available
