

# **Cookbook for Argos High School**

**Created by HPS Menu Planner**

# Table of Contents

Assorted Cereal & Graham Snack

# Assorted Cereal & Graham Snack



<b>Servings:</b>	60.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28102
<b>School:</b>	Argos High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY 210-1Z	6 2/3 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	6 2/3 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	6 2/3 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	6 2/3 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	6 2/3 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	6 2/3 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	6 2/3 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	6 2/3 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	6 2/3 Package		503370
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	20 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL 96CT GENM	20 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	595934
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	20 Each		283620

## Preparation Instructions

Offer 1 graham snack and 1 cereal together everyday for breakfast with fruit and juice.

### Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.028
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 60.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories	231.96		
Fat	5.31g		
SaturatedFat	0.83g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	288.07mg		
Carbohydrates	43.78g		
Fiber	2.90g		
Sugar	15.67g		
Protein	3.62g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	78.04mg	Iron	3.05mg

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

### Nutrition - Per 100g

No 100g Conversion Available