

Cookbook for Knox Elementary

Created by HPS Menu Planner

Table of Contents

Eggo Bites® Mini Pancakes

Variety of Juice Box

Uncrustable, String Cheese, & Goldfish

Ham Chef Salad

Variety of Yogurt

Graham Snack

Mashed Potatoes

Chicken Gravy

Pop Tart

Grilled Cheese Sandwich

Tomato Soup

Lasagna Roll-Ups

Assorted BeneFIT Bars

Zee Zee Applesauce

Assorted Cereal

Ham & Cheese Sub

Eggo Bites® Mini Pancakes

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31436
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package		284841
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	206.67		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	240.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice Box

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36706
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX ORNG TANGR 100 40-4.23FLZ	1 Each		698251
JUICE BOX APPL 100 40-4.23FLZ	1 Each		698744

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	60.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.50mg
Carbohydrates	14.50g
Fiber	0.00g
Sugar	13.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 65.00mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22761
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CHEESE STRING MOZZ IW 168-1Z LOL	1 Each		786580
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	480.00
Fat	25.50g
SaturatedFat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	650.00mg
Carbohydrates	48.00g
Fiber	4.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 261.00mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28742
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD 4-5 RSS	2 Cup		755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce		100012
Ham, Cubed Frozen	1 1/2 Ounce		100188-H
MUFFIN BLUEBERRY IW 96-2Z MUFFINTOWN	1 Each		273442
CRACKER GLDFSH CHED WGRAIN 300- .75Z	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.230
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving

Calories	405.49
Fat	15.23g
SaturatedFat	6.23g
Trans Fat	0.00g
Cholesterol	62.13mg
Sodium	783.57mg
Carbohydrates	47.46g
Fiber	3.64g
Sugar	16.87g
Protein	20.79g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 73.64mg	Iron 1.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32475
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	76.67
Fat	0.33g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	3.33mg
Sodium	61.67mg
Carbohydrates	14.67g
Fiber	0.00g
Sugar	9.33g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 126.67mg	Iron 0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Graham Snack

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32478
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY 210-1Z	1 Package		859550
CRACKER GRHM VAN CHAT 210-1Z KELL	1 Each		774471
CRACKER GRHM GRIPZ CHOC IW 150CT KEEB	1 Package		282441
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Ounce		288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package	1.25 Grain equivalents	503370
CRACKER GRHM GRIPZ 150CT KEEB	1 Package		805640

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	121.00		
Fat	3.75g		
SaturatedFat	0.85g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	114.50mg		
Carbohydrates	20.60g		
Fiber	1.30g		
Sugar	7.10g		
Protein	1.90g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	14.00mg	Iron	0.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mashed Potatoes

Servings:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31350
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	28 Ounce	1 package	613738
Tap Water for Recipes	17 Cup	Hot water	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-size steamtable pan.
- 2: Add all potatoes, stir for 15 seconds.
- 3: Let stand for 5 minutes, stir and serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	348.18mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30186
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAVY MIX CHIX 8-22.6Z TRIO	1 Package		290025
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	19.45		
Fat	0.28g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.40mg		
Carbohydrates	3.89g		
Fiber	0.00g		
Sugar	0.00g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Pop Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30220
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece		695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece		695890
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	176.67
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	145.00mg
Carbohydrates	36.67g
Fiber	3.00g
Sugar	15.00g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 120.00mg	Iron 1.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37303
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN HNY WHT 16-24Z GCHC	48 Slice		204822
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice		100036
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Cup	Melted	191205

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	406.67
Fat	19.33g
SaturatedFat	10.67g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	830.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	8.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37304
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO 12-5 HLTHYREQ	4 #5 CAN		488232
1% Low Fat White Milk	4 Cup		4752

Preparation Instructions

Open tomato soup cans and put in a 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer for 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	93.62
Fat	1.15g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.85mg
Sodium	376.17mg
Carbohydrates	17.96g
Fiber	0.94g
Sugar	10.38g
Protein	2.55g
Vitamin A 42.55IU	Vitamin C 0.20mg
Calcium 34.89mg	Iron 0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38120
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN 110-4.3Z	18 Each		234041
CHEESE MOZZ SHRD 4-5 LOL	1 Cup		645170
SAUCE MARINARA A/P 6-10 REDPK	1/2 #10 CAN		592714

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	578.55
Fat	16.89g
SaturatedFat	4.28g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	2914.71mg
Carbohydrates	80.19g
Fiber	14.74g
Sugar	37.08g
Protein	29.30g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 479.35mg	Iron 7.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted BeneFIT Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32474
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		240721
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST FREN TST BENEFIT 48-2.5Z	1 Each		563413

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	282.50
Fat	8.50g
SaturatedFat	2.88g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	212.50mg
Carbohydrates	47.00g
Fiber	3.25g
Sugar	21.50g
Protein	4.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 21.00mg	Iron 3.93mg

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

Nutrition - Per 100g

No 100g Conversion Available

Zee Zee Applesauce

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31442
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE BLUE RASPB 96-4.5Z	1 Each		358553
APPLESAUCE CINN 96-4.5Z	1 Each		358572
APPLESAUCE STRWB BAN CUP 96-4.5Z	1 Each		250012
APPLESAUCE WTRMLN CUP 96-4.5Z	1 Each		276161
APPLESAUCE MXD FRT CUP 96-4.5Z COMM	1 Each		726580

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	68.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	7.00mg		
Carbohydrates	17.80g		
Fiber	1.00g		
Sugar	14.80g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.20mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22758
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each		509434
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each		595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package		265811
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each		270401
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package		265782

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: 6.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	111.87		
Fat	1.42g		
SaturatedFat	0.05g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	163.20mg		
Carbohydrates	23.67g		
Fiber	1.47g		
Sugar	8.17g		
Protein	1.60g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	87.53mg	Iron	2.38mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30189
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice	Or use Brown Box Commodity Ham = 2.50 ounce weight of commodity equals 2 Meat/Meat Alternative	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	Brown Box Commodity or GFS#150260	100018
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	315.00		
Fat	12.00g		
SaturatedFat	4.50g		
Trans Fat	0.00g		
Cholesterol	72.50mg		
Sodium	805.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	21.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.72mg

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

Nutrition - Per 100g

No 100g Conversion Available
