

# **Cookbook for Triton Sr. High School**

**Created by HPS Menu Planner**

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# 2 ct. Pop Tart Variety

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 4.00                   | <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-12781 |
| <b>School:</b>       | Triton Sr. High School |                       |         |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| PASTRY POP-TART WGRAIN CINN 72-2CT   | 1 Package   | 123081     |
| PASTRY POP-TART WGRAIN STRAWB 72-2CT | 1 Package   | 123031     |
| PASTRY POP-TART WGRAIN FUDG 72-2CT   | 1 Package   | 452082     |
| PASTRY POP-TART WGRAIN BLUEB 72-2CT  | 1 Package   | 865101     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.250 |
| <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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 355.75                  |
| <b>Fat</b>              | 5.63g                   |
| <b>SaturatedFat</b>     | 1.83g                   |
| <b>Trans Fat</b>        | 0.03g                   |
| <b>Cholesterol</b>      | 57.50mg                 |
| <b>Sodium</b>           | 305.00mg                |
| <b>Carbohydrates</b>    | 74.50g                  |
| <b>Fiber</b>            | 5.90g                   |
| <b>Sugar</b>            | 29.75g                  |
| <b>Protein</b>          | 4.58g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 230.00mg | <b>Iron</b> 3.60mg      |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 2 oz. Cereal

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 4.00                   | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-38998 |
| <b>School:</b>       | Triton Sr. High School |                       |         |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| CEREAL CINN TST CRNCH CUP 60-2Z GENM | 1 Each      | 105931     |
| CEREAL CHEERIOS HNYNUT CUP 60-2Z     | 1 Each      | 105307     |
| CEREAL RICE CHEX CINN CUP 60-2Z GENM | 1 Each      | 105357     |
| CEREAL LUCKY CHARMS CUP 60-2Z GENM   | 1 Each      | 105840     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                         |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 207.50                  |
| <b>Fat</b>              | 3.50g                   |
| <b>SaturatedFat</b>     | 0.25g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 0.00mg                  |
| <b>Sodium</b>           | 310.00mg                |
| <b>Carbohydrates</b>    | 42.00g                  |
| <b>Fiber</b>            | 3.75g                   |
| <b>Sugar</b>            | 14.50g                  |
| <b>Protein</b>          | 3.50g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 102.50mg | <b>Iron</b> 5.18mg      |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Cereal Breakfast Kits

|                      |                   |                       |         |
|----------------------|-------------------|-----------------------|---------|
| <b>Servings:</b>     | 7.00              | <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-10177 |
| <b>School:</b>       | Triton Elementary |                       |         |

## Ingredients

| Description                          | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| CEREAL APPL JK R/S BKFST KIT 36CT    | 1 Package   | 676160     |
| CEREAL CINN TST RS BKFST KIT 2-36CT  | 1 Each      | 150471     |
| CEREAL COCO PUFFS BKFST KIT R/S 60CT | 1 Package   | 533130     |
| CEREAL LUCKY CHARMS BKFST KIT 60CT   | 1 Each      | 525290     |
| CEREAL TRIX RS BKFST KIT 60CT        | 1 Each      | 525340     |
| PASTRY POP-TART CINN BKFST KIT 56CT  | 1 Package   | 676222     |
| CEREAL COKRPY BAR BKFST KIT 56CT     | 1 Package   | 676242     |

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.500 |
| <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: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

|                           |                          |
|---------------------------|--------------------------|
| <b>Calories</b>           | 238.57                   |
| <b>Fat</b>                | 4.43g                    |
| <b>SaturatedFat</b>       | 0.79g                    |
| <b>Trans Fat</b>          | 0.00g                    |
| <b>Cholesterol</b>        | 0.00mg                   |
| <b>Sodium</b>             | 212.14mg                 |
| <b>Carbohydrates</b>      | 47.86g                   |
| <b>Fiber</b>              | 3.29g                    |
| <b>Sugar</b>              | 19.14g                   |
| <b>Protein</b>            | 2.86g                    |
| <b>Vitamin A</b> 592.86IU | <b>Vitamin C</b> 55.71mg |
| <b>Calcium</b> 134.29mg   | <b>Iron</b> 3.52mg       |

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## Nutrition - Per 100g

No 100g Conversion Available



# Fruit Variety

|                      |                   |                       |         |
|----------------------|-------------------|-----------------------|---------|
| <b>Servings:</b>     | 5.00              | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup          | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast         | <b>Recipe ID:</b>     | R-10175 |
| <b>School:</b>       | Triton Elementary |                       |         |

## Ingredients

| Description                      | Measurement | DistPart # |
|----------------------------------|-------------|------------|
| APPLESAUCE UNSWT 6-10 GCHC       | 1/2 Cup     | 271497     |
| FRUIT COCKTAIL XL/S 6-10 GCHC    | 1/2 Cup     | 225304     |
| PEACH DCD XL/S 6-10 P/L          | 1/2 Cup     | 256760     |
| PEAR DCD XL/S 6-10 GCHC          | 1/2 Cup     | 290203     |
| CRANBERRY DRIED STRAWB 200-1.16Z | 1 Package   | 531681     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <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: 5.00

Serving Size: 0.50 Cup

| Amount Per Serving   |         |                  |        |
|----------------------|---------|------------------|--------|
| <b>Calories</b>      | 68.00   |                  |        |
| <b>Fat</b>           | 0.00g   |                  |        |
| <b>SaturatedFat</b>  | 0.00g   |                  |        |
| <b>Trans Fat</b>     | 0.00g   |                  |        |
| <b>Cholesterol</b>   | 0.00mg  |                  |        |
| <b>Sodium</b>        | 5.00mg  |                  |        |
| <b>Carbohydrates</b> | 17.40g  |                  |        |
| <b>Fiber</b>         | 1.40g   |                  |        |
| <b>Sugar</b>         | 14.80g  |                  |        |
| <b>Protein</b>       | 0.00g   |                  |        |
| <b>Vitamin A</b>     | 60.00IU | <b>Vitamin C</b> | 0.72mg |
| <b>Calcium</b>       | 1.80mg  | <b>Iron</b>      | 0.07mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# 100% Fruit Juice

|                      |                   |                       |         |
|----------------------|-------------------|-----------------------|---------|
| <b>Servings:</b>     | 4.00              | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each         | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast         | <b>Recipe ID:</b>     | R-10176 |
| <b>School:</b>       | Triton Elementary |                       |         |

## Ingredients

| Description                        | Measurement | DistPart # |
|------------------------------------|-------------|------------|
| JUICE GRP 100 FRSH 72-4FLZ SNCUP   | 1 Each      | 118940     |
| JUICE ORNG 100 FZ 72-4FLZ SNCUP    | 1 Each      | 135450     |
| JUICE APPLE 100 FRSH 72-4FLZ SNCUP | 1 Each      | 118921     |
| JUICE ORNG 100 FRSH 72-4FLZ SNCUP  | 1 Each      | 118930     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |        |                  |        |
|----------------------|--------|------------------|--------|
| <b>Calories</b>      | 62.50  |                  |        |
| <b>Fat</b>           | 0.00g  |                  |        |
| <b>SaturatedFat</b>  | 0.00g  |                  |        |
| <b>Trans Fat</b>     | 0.00g  |                  |        |
| <b>Cholesterol</b>   | 0.00mg |                  |        |
| <b>Sodium</b>        | 0.30mg |                  |        |
| <b>Carbohydrates</b> | 14.50g |                  |        |
| <b>Fiber</b>         | 0.00g  |                  |        |
| <b>Sugar</b>         | 13.50g |                  |        |
| <b>Protein</b>       | 0.03g  |                  |        |
| <b>Vitamin A</b>     | 0.00IU | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 5.30mg | <b>Iron</b>      | 0.20mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Pork BBQ Sliders

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-39085          |
| <b>School:</b>       | Triton Sr. High School |                       |                  |

## Ingredients

| Description                                    | Measurement | DistPart # |
|------------------------------------------------|-------------|------------|
| PORK PULLED BBQ SEMI DRY 2-5                   | 1 1/2 Ounce | 801860     |
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 1/2 Slice   | 100036     |
| BUN SLIDER SLCD WHT 2.5 8-24CT                 | 1 Each      | 131917     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.250 |
| <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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 211.43                  |
| <b>Fat</b>              | 10.57g                  |
| <b>SaturatedFat</b>     | 4.18g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 38.04mg                 |
| <b>Sodium</b>           | 271.43mg                |
| <b>Carbohydrates</b>    | 16.50g                  |
| <b>Fiber</b>            | 0.50g                   |
| <b>Sugar</b>            | 2.25g                   |
| <b>Protein</b>          | 12.57g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 43.15mg  | <b>Iron</b> 1.37mg      |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Yogurt with Granola

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-38999 |
| <b>School:</b>       | Triton Sr. High School |                       |         |

## Ingredients

| Description                         | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| YOGURT VAN L/F PARFPR 6-4 YOPL      | 1 Cup       | 811500     |
| Honey Bunches of Oats Granola Pouch | 1 Each      | 37482      |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 343.88                  |
| <b>Fat</b>              | 4.99g                   |
| <b>SaturatedFat</b>     | 0.75g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 7.46mg                  |
| <b>Sodium</b>           | 119.40mg                |
| <b>Carbohydrates</b>    | 67.27g                  |
| <b>Fiber</b>            | 2.00g                   |
| <b>Sugar</b>            | 38.84g                  |
| <b>Protein</b>          | 9.46g                   |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 268.66mg | <b>Iron</b> 0.00mg      |

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### Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potato

|                      |                   |                       |                  |
|----------------------|-------------------|-----------------------|------------------|
| <b>Servings:</b>     | 41.00             | <b>Category:</b>      | Vegetable        |
| <b>Serving Size:</b> | 0.50 Cup          | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch             | <b>Recipe ID:</b>     | R-29643          |
| <b>School:</b>       | Triton Elementary |                       |                  |

## Ingredients

| Description                        | Measurement   | DistPart # |
|------------------------------------|---------------|------------|
| POTATO PRLS GOLD EXCEL 8-31Z BAMER | 31 9/10 Ounce | 872140     |
| Tap Water for Recipes              | 17 Cup        | 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 30 seconds. 3: Let stand for 5 minutes, stir and serve.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <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>   | 0.500 |

### Nutrition Facts

Servings Per Recipe: 41.00

Serving Size: 0.50 Cup

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 84.84    |                  |        |
| <b>Fat</b>           | 1.70g    |                  |        |
| <b>SaturatedFat</b>  | 0.00g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 373.29mg |                  |        |
| <b>Carbohydrates</b> | 16.12g   |                  |        |
| <b>Fiber</b>         | 1.70g    |                  |        |
| <b>Sugar</b>         | 0.85g    |                  |        |
| <b>Protein</b>       | 1.70g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 8.48mg   | <b>Iron</b>      | 0.34mg |

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Country Gravy

|                      |                        |                       |                     |
|----------------------|------------------------|-----------------------|---------------------|
| <b>Servings:</b>     | 128.00                 | <b>Category:</b>      | Condiments or Other |
| <b>Serving Size:</b> | 1.00 Fluid Ounce       | <b>HACCP Process:</b> | Same Day Service    |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-39086             |
| <b>School:</b>       | Triton Sr. High School |                       |                     |

## Ingredients

| Description               | Measurement | DistPart # |
|---------------------------|-------------|------------|
| GRAVY MIX BISC 6-1.5 PION | 1 Package   | 281719     |
| Tap Water                 | 1 Gallon    |            |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <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: 128.00

Serving Size: 1.00 Fluid Ounce

| Amount Per Serving   |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 23.92    |                  |        |
| <b>Fat</b>           | 1.06g    |                  |        |
| <b>SaturatedFat</b>  | 0.53g    |                  |        |
| <b>Trans Fat</b>     | 0.00g    |                  |        |
| <b>Cholesterol</b>   | 0.00mg   |                  |        |
| <b>Sodium</b>        | 138.18mg |                  |        |
| <b>Carbohydrates</b> | 3.19g    |                  |        |
| <b>Fiber</b>         | 0.00g    |                  |        |
| <b>Sugar</b>         | 0.00g    |                  |        |
| <b>Protein</b>       | 0.00g    |                  |        |
| <b>Vitamin A</b>     | 0.00IU   | <b>Vitamin C</b> | 0.00mg |
| <b>Calcium</b>       | 1.59mg   | <b>Iron</b>      | 0.00mg |

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### Nutrition - Per 100g

No 100g Conversion Available

# Muffin

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 4.00                   | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-39002 |
| <b>School:</b>       | Triton Sr. High School |                       |         |

## Ingredients

| Description                         | Measurement | DistPart # |
|-------------------------------------|-------------|------------|
| MUFFIN BLUEB WGRAIN IW 72-2Z ARYZTA | 1 Each      | 557970     |
| MUFFIN APPL CINN WGRAIN IW 72-2Z    | 1 Each      | 558011     |
| MUFFIN DBL CHOC WGRAIN IW 48-2Z SL  | 1 Each      | 262343     |
| MUFFIN BANANA WGRAIN IW 48-2Z SL    | 1 Each      | 262362     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <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: 4.00

Serving Size: 1.00 Each

#### Amount Per Serving

|                      |          |                  |        |
|----------------------|----------|------------------|--------|
| <b>Calories</b>      | 187.50   |                  |        |
| <b>Fat</b>           | 6.50g    |                  |        |
| <b>SaturatedFat</b>  | 1.75g    |                  |        |
| <b>Trans Fat</b>     | 0.03g    |                  |        |
| <b>Cholesterol</b>   | 21.25mg  |                  |        |
| <b>Sodium</b>        | 117.50mg |                  |        |
| <b>Carbohydrates</b> | 30.00g   |                  |        |
| <b>Fiber</b>         | 1.75g    |                  |        |
| <b>Sugar</b>         | 15.50g   |                  |        |
| <b>Protein</b>       | 2.75g    |                  |        |
| <b>Vitamin A</b>     | 3.60IU   | <b>Vitamin C</b> | 0.01mg |
| <b>Calcium</b>       | 20.26mg  | <b>Iron</b>      | 0.99mg |

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

## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Grilled Cheese Sandwich

|                      |                        |                       |                  |
|----------------------|------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                   | <b>Category:</b>      | Entree           |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                  | <b>Recipe ID:</b>     | R-13540          |
| <b>School:</b>       | Triton Sr. High School |                       |                  |

## Ingredients

| Description                                    | Measurement | DistPart # |
|------------------------------------------------|-------------|------------|
| CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED | 4 Slice     | 100036     |
| BREAD WGRAIN WHT 16-22Z GCHC                   | 2 Each      | 266547     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 2.000 |
| <b>Grain</b>    | 2.000 |
| <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: 1.00

Serving Size: 1.00 Each

| Amount Per Serving      |                         |
|-------------------------|-------------------------|
| <b>Calories</b>         | 320.00                  |
| <b>Fat</b>              | 12.00g                  |
| <b>SaturatedFat</b>     | 6.00g                   |
| <b>Trans Fat</b>        | 0.00g                   |
| <b>Cholesterol</b>      | 30.00mg                 |
| <b>Sodium</b>           | 830.00mg                |
| <b>Carbohydrates</b>    | 36.00g                  |
| <b>Fiber</b>            | 4.00g                   |
| <b>Sugar</b>            | 6.00g                   |
| <b>Protein</b>          | 18.00g                  |
| <b>Vitamin A</b> 0.00IU | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 60.00mg  | <b>Iron</b> 2.00mg      |

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

### Nutrition - Per 100g

No 100g Conversion Available