

# **Cookbook for Knox Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**Assorted Cereal**

**Variety of Juice Box**

**Ham Chef Salad**

**Uncrustable, String Cheese, & Goldfish**

**Glazed Carrots**

**Eggo Bites® Mini Pancakes**

**Zee Zee Applesauce**

**Variety of Yogurt**

**Graham Snack**

**Mashed Potatoes**

**Chicken Gravy**

**Pop Tart**

**Ham & Cheese Sub**

**Assorted BeneFIT Bars**

# Assorted Cereal

<b>Servings:</b>	6.00	<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-22758
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	DistPart #
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	365790
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	265811
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	509434
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

<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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	108.53
<b>Fat</b>	1.33g
<b>SaturatedFat</b>	0.05g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	163.20mg
<b>Carbohydrates</b>	23.67g
<b>Fiber</b>	1.97g
<b>Sugar</b>	7.83g
<b>Protein</b>	1.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 82.53mg	<b>Iron</b> 2.38mg

\*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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# Variety of Juice Box

<b>Servings:</b>	2.00	<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-36706
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	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

<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: 2.00

Serving Size: 1.00 Each

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

\*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

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

## Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ROMAINE MXD 4-5 RSS	1 Pint	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

<b>Meat</b>	2.230
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	1.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable, String Cheese, & Goldfish

<b>Servings:</b>	1.00	<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-22761
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	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

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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Glazed Carrots

<b>Servings:</b>	98.00	<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-31503
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	DistPart #
Carrots fzn	20 Pound	100352
BUTTER PRINT SLTD GRD AA 36-1 GCHC	1 Pound	191205
SUGAR BROWN LT 12-2 P/L	2 Pound	860311

## Preparation Instructions

Divide all ingredients between two pans.

### 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>	0.500
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 0.50 Cup

<b>Amount Per Serving</b>			
<b>Calories</b>	90.49		
<b>Fat</b>	4.60g		
<b>SaturatedFat</b>	2.29g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	33.99mg		
<b>Sodium</b>	72.74mg		
<b>Carbohydrates</b>	14.21g		
<b>Fiber</b>	2.02g		
<b>Sugar</b>	11.19g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Eggo Bites® Mini Pancakes

<b>Servings:</b>	3.00	<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-31436
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	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

<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: 3.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Zee Zee Applesauce

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

## Ingredients

Description	Measurement	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

<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: 1.00 Each

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>	7.00mg		
<b>Carbohydrates</b>	17.80g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	14.80g		
<b>Protein</b>	0.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	5.20mg	<b>Iron</b>	0.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Variety of Yogurt

<b>Servings:</b>	3.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32475
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	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

<b>Meat</b>	1.000
<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: 3.00

Serving Size: 1.00 Each

<b>Amount Per Serving</b>			
<b>Calories</b>	76.67		
<b>Fat</b>	0.33g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	3.33mg		
<b>Sodium</b>	61.67mg		
<b>Carbohydrates</b>	14.67g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	9.33g		
<b>Protein</b>	4.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	126.67mg	<b>Iron</b>	0.00mg

\*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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# Graham Snack

<b>Servings:</b>	10.00	<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-32478
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	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	503370
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>	1.000
<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: 10.00

Serving Size: 1.00 Each

### Amount Per Serving

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

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## Nutrition - Per 100g

No 100g Conversion Available

# Mashed Potatoes

<b>Servings:</b>	38.00	<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-31350
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Pound 12 Ounce (28 Ounce)	613738
Tap Water for Recipes	1 Gallon 1 Cup (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 15 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: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
<b>Calories</b>	78.34		
<b>Fat</b>	0.87g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	348.18mg		
<b>Carbohydrates</b>	14.80g		
<b>Fiber</b>	0.87g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	1.74g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	8.70mg	<b>Iron</b>	0.26mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Chicken 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-30186
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	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

<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>	19.45
<b>Fat</b>	0.28g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	133.40mg
<b>Carbohydrates</b>	3.89g
<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> 0.00mg	<b>Iron</b> 0.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# Pop Tart

<b>Servings:</b>	3.00	<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-30220
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	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

<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: 3.00

Serving Size: 1.00 Each

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

\*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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# Ham & Cheese Sub

<b>Servings:</b>	1.00	<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-30189
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD 12-1 JENNO	6 Slice	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	100018
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each	276142

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<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>	315.00
<b>Fat</b>	12.00g
<b>SaturatedFat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	805.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	4.50g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.72mg

\*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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# Assorted BeneFIT Bars

<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-32474
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	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

<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>	282.50		
<b>Fat</b>	8.50g		
<b>SaturatedFat</b>	2.88g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	17.50mg		
<b>Sodium</b>	212.50mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.25g		
<b>Sugar</b>	21.50g		
<b>Protein</b>	4.75g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	21.00mg	<b>Iron</b>	3.93mg

\*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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