

# **Cookbook for West Central Middle/High School**

**Created by HPS Menu Planner**

# Table of Contents

**Breakfast Choice**

**Yogurt w/Graham Crackers**

**2023-2024 Variety of Breakfast Items**

**2023-2024 Variety of Cereal Bowls**

**100% Fruit Juice**

# Breakfast Choice

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41421
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

## 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: 0.000

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<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

# Yogurt w/Graham Crackers

<b>Servings:</b>	0.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-41371
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
2023-2024 Variety of Yogurt	0 Serving		R-41370
CRACKER GRHM HNY L/F 200-2CT NAB	0 Package		256137

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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: 0.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	266.00
<b>Fat</b>	4.80g
<b>SaturatedFat</b>	1.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.00mg
<b>Sodium</b>	231.00mg
<b>Carbohydrates</b>	49.20g
<b>Fiber</b>	0.00g
<b>Sugar</b>	27.20g
<b>Protein</b>	5.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 280.00mg	<b>Iron</b> 0.80mg

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

### Nutrition - Per 100g

No 100g Conversion Available

# 2023-2024 Variety of Breakfast Items

<b>Servings:</b>	0.000	<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-40683

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	0 Package	2 Grain Equivalents	738181
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	0 Each	2 Grain Equivalents	371058
BREAD BANANA IW 70-3.4Z SUPBAK	0 Each	2 Grain Equivalents	230361
BREAD BLUEB IW 75-3.45Z SUPBAK	0 Each	2 Grain Equivalents	319418
PASTRY POP-TART WGRAIN CINN 72-2CT	0 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	0 Package	2.25 Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG 72-2CT	0 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	0 Package	2.25 Grain Equivalents	123031
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	0 Each	2 Grain Equivalents	875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	0 Each	2 Grain Equivalents	240721

## 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: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	264.97
<b>Fat</b>	6.86g
<b>SaturatedFat</b>	2.47g
<b>Trans Fat</b>	0.01g
<b>Cholesterol</b>	25.48mg
<b>Sodium</b>	229.22mg
<b>Carbohydrates</b>	48.57g
<b>Fiber</b>	3.34g
<b>Sugar</b>	21.29g
<b>Protein</b>	4.02g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 105.44mg	<b>Iron</b> 2.01mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# 2023-2024 Variety of Cereal Bowls

<b>Servings:</b>	0.000	<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-40684
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	0 Package	1 Grain Equivalent	265782
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	0 Package	1 Grain Equivalent	265811
CEREAL CINN TOAST R/S BWL 96CT GENM	0 Each	1 Grain Equivalent	365790
CEREAL COCOA PUFFS WGRAIN R/S 96CT	0 Each	1 Grain Equivalent	270401
CEREAL GLDN GRAHAMS BWL 96CT GENM	0 Each	1 Grain Equivalent	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	0 Each	1 Grain Equivalent	283611
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	0 Each	1 Grain Equivalent	283620

## 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: 0.000

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	68.68
<b>Fat</b>	0.78g
<b>SaturatedFat</b>	0.03g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	104.16mg
<b>Carbohydrates</b>	15.18g
<b>Fiber</b>	1.26g
<b>Sugar</b>	5.03g
<b>Protein</b>	1.06g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.28mg	<b>Iron</b> 1.47mg

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

## Nutrition - Per 100g

No 100g Conversion Available



# 100% Fruit Juice

<b>Servings:</b>	0.000	<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-31715
<b>School:</b>	West Central Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE APPL 100 FZ 72-4FLZ SNCUP	0 Each		135440
JUICE GRP 100 FZ 72-4FLZ SNCUP	0 Each		135460
JUICE ORNG 100 FZ 72-4FLZ SNCUP	0 Each		135450
JUICE FRT PNCH 100 FZ 72-4FLZ SNCUP	0 Each		135470

## 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: 0.000

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>	11.25mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Sugar</b>	14.25g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 15.00mg
<b>Calcium</b> 11.23mg	<b>Iron</b> 0.18mg

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

## **Nutrition - Per 100g**

---

**No 100g Conversion Available**

---