

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

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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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: 0.000

Serving Size: 1.00 Each

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

Yogurt w/Graham Crackers

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-41371
School:	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

Meat	1.500
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: 0.000

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

2023-2024 Variety of Breakfast Items

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	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

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: 0.000

Serving Size: 1.00 Each

Amount Per Serving

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

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Nutrition - Per 100g

No 100g Conversion Available

2023-2024 Variety of Cereal Bowls

Servings:	0.000	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40684
School:	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

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: 0.000

Serving Size: 1.00 Each

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

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Nutrition - Per 100g

No 100g Conversion Available

100% Fruit Juice

Servings:	0.000	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31715
School:	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

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: 0.000

Serving Size: 1.00 Each

Amount Per Serving			
Calories	62.50		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.25mg		
Carbohydrates	14.75g		
Fiber	0.00g		
Sugar	14.25g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	15.00mg
Calcium	11.23mg	Iron	0.18mg

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

Nutrition - Per 100g

No 100g Conversion Available
