

Cookbook for Oregon Davis Elementary School

Created by HPS Menu Planner

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Assorted Variety of Cereal

Servings:	13.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40189
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL GLDN GRAHAMS BWL 96CT GENM	1 Each	N/A	509434
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL FROOT LOOPS R/S BWL 96-1Z KELL	1 Each		283620
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	N/A	365790
CEREAL FRSTD MINI WHE BWL 96CT KELL	1 Each		662186
CEREAL FRSTD MINI WHE CHOC BWL 96CT	1 Each		805630
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL FRSTD FLKS BWL 96CT KELL	1 Each		233021
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934

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: 13.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	107.28		
Fat	1.26g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	140.21mg		
Carbohydrates	23.54g		
Fiber	2.01g		
Sugar	7.92g		
Protein	1.76g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	57.20mg	Iron	3.52mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety Kellogg's® Pop-Tarts (1 count)

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40190
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each	Equals 1.25 Grain Equivalents	452062
PASTRY POP-TART WGRAIN CINN 120-1CT	1 Piece	Equals 1.25 Grain Equivalents	695880
PASTRY POP-TART WGRAIN STRAWB 120-1CT	1 Piece	Equals 1.00 Grain Equivalents	695890

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

Smuckers® Uncrustables® with Goldfish and String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42309

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
CRACKER GLDFSH CHS 300-.75Z PEPPFM	2 Each		110431
CHEESE STRING MOZZ IW 168-1Z LOL	2 Each		786580

Preparation Instructions

Package Uncrustable, string cheese, and goldfish cracker together.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	480.00		
Fat	25.50g		
SaturatedFat	8.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	660.00mg		
Carbohydrates	48.50g		
Fiber	5.00g		
Sugar	16.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	271.50mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

4th-12th Grade: Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-42315
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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Preparation Instructions

Meat/Meat Alternative: All students should be allowed to take two Meat/Meat Alternative Equivalents with Chef Salad

- Commodity Brown Box Diced Chicken: 1 ounce weight = 1 Meat/Meat Alternative
- Brown Box Commodity or GFS#150250-Shredded Cheese 1/4 cup = 1 Meat/Meat Alternative
- GFS#853800-Hard Boiled Egg = 1.50 Meat/Meat Alternative
- GFS#202150-Diced Turkey Ham: 1.51 ounce weight = 1 Meat/Meat Alternative
- Commodity Brown Box-Diced Ham: 1.22 ounce weight = 1 Meat/Meat Alternative
- GFS# 794301 Jif Peanut Butter Cup: 1 package = 1 Meat/Meat Alternative
- Commodity Brown Box Peanut Butter: 2 Tablespoons = = 1 Meat/Meat Alternative

Grain: All students should be allowed to take two Grain Equivalents with Chef Salad

- GFS#661022--Croutons: 2 packages = 1 Grain Equivalents
- GFS#110431-Goldfish Crackers: 1 package= 1 Grain Equivalents
- GFS#282422 Cheez-it Crackers: 1 package = 1 Grain Equivalents

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	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

Seasoned Green Beans

Servings:	72.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42556
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beans, Green - canned	3 #10 CAN		100307
MARGARINE WHPD 6-3.5 GCHC	1/2 Cup	N/A	772381
SEASONING VEGETABLE NO SALT 21Z TRDE	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)		647230

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 72.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	33.61		
Fat	0.78g		
SaturatedFat	0.22g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	158.67mg		
Carbohydrates	4.81g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
Vitamin A	555.56IU	Vitamin C	0.67mg
Calcium	0.00mg	Iron	0.00mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available

Eggo Bites® Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-40193
School:	Oregon Davis Elementary School		

Ingredients

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

Preparation Instructions

Heat according to directions on each products case.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	210.00		
Fat	6.50g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	7.50mg		
Sodium	255.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.50g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	20.00mg	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

Assorted Variety of Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40197
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each	N/A	262362
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each	N/A	262370
MUFFIN DBL CHOC WGRAIN IW 48-2Z SL	1 Each		262343

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 muffin

Amount Per Serving

Calories	190.00		
Fat	7.00g		
SaturatedFat	1.33g		
Trans Fat	0.07g		
Cholesterol	10.00mg		
Sodium	116.67mg		
Carbohydrates	29.33g		
Fiber	1.33g		
Sugar	15.00g		
Protein	2.33g		
Vitamin A	4.80IU	Vitamin C	0.02mg
Calcium	7.01mg	Iron	0.95mg

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

Nutrition - Per 100g

No 100g Conversion Available

Buttered Corn

Servings:	221.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42557
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	40 Pound	N/A	100348
BUTTER PRINT UNSLTD GRD AA 36-1 GCHC	1 Cup		299405

Preparation Instructions

No Preparation Instructions available.

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: 221.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	74.31		
Fat	1.80g		
SaturatedFat	0.51g		
Trans Fat	0.00g		
Cholesterol	2.17mg		
Sodium	1.00mg		
Carbohydrates	16.02g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.22mg	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 Appleway Soft Oatmeal Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40191
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR OATML CHOC CHIP SFT IW 216-1.2Z	1 Each		526283
BAR OATML APPLE SFT IW 216-1.2Z	1 Each		526290
BAR OATML STRAWB SFT IW 216-1.2Z	1 Each		582882

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	140.00		
Fat	4.50g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	5.00mg		
Sodium	80.00mg		
Carbohydrates	23.00g		
Fiber	1.00g		
Sugar	9.00g		
Protein	2.00g		
Vitamin A	0.33IU	Vitamin C	0.73mg
Calcium	10.33mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Betty Crocker® Oatmeal Bar

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40192
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CHOC CHIP OATML 144-1.24Z BTTYCR	1 Each	N/A	194031
BAR BTRSCOTCH OATML 144-1.24Z BTTYCR	1 Each	N/A	194041
BAR DBL CHOC OATML 144-1.24Z BTTYCR	1 Each	N/A	262103

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	150.00		
Fat	5.00g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	106.67mg		
Carbohydrates	24.67g		
Fiber	2.33g		
Sugar	8.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.77mg

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

Nutrition - Per 100g

No 100g Conversion Available

Kellogg's® Nutri-Grain® Cereal Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40196
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR APPLE CINN WGRAIN 96CT NUTRIGRAIN	1 Each		209741
BAR STRAWB WGRAIN 96CT NUTRIGRAIN	1 Each		209761
BAR BLUEB WGRAIN 96-1.55Z NUTRIGRAIN	1 Each		498170

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	150.00
Fat	3.50g
SaturatedFat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	140.00mg
Carbohydrates	30.00g
Fiber	3.00g
Sugar	14.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 140.00mg	Iron 1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Sausage, Egg & Cheese on English Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-42319
School:	Oregon Davis Jr. / Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941
EGG SCRMBD PTY RND GRLLD 144-1Z PAP	1 Each		208990
CHEESE AMER 160CT SLCD R/F 6-5 LOL	1 Slice	Or Use GFS# 150260 or USDA Brown Box Commodity	722360
MUFFIN ENG WGRAIN SLCD 2Z 12-12CT	1 Each		687131

Preparation Instructions

Cook items according to direction on package.

For service: Place 1 egg patty, 1 slice of cheese, 1 sausage patty between english muffin halves.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
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	300.00
Fat	13.00g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	122.50mg
Sodium	820.00mg
Carbohydrates	24.00g
Fiber	1.00g
Sugar	1.50g
Protein	23.50g
Vitamin A 32.73IU	Vitamin C 0.01mg
Calcium 211.00mg	Iron 2.60mg

*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:	39.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40198
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS EXCEL 12-28Z BAMER	1 Pound 12 Ounce (28 Ounce)		613738

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: 39.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	76.33		
Fat	0.85g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	339.24mg		
Carbohydrates	14.42g		
Fiber	0.85g		
Sugar	0.00g		
Protein	1.70g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.48mg	Iron	0.25mg

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

Nutrition - Per 100g

No 100g Conversion Available

Baked Beans

Servings:	144.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42561
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BAKED 6-10 BUSH	6 #10 CAN	Heat and serve. Warm in 350 degree oven for approx 30 minutes.	520098
SUGAR BROWN LT 12-2 P/L	1 Pound		860311
KETCHUP LO SOD 2-1.5GAL REDG	1 Pint 1 Cup (3 Cup)	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	645922
MUSTARD YELLOW SQZ BTL 16-9Z HNZ	1/8 Cup		312290
ONION DEHY CHPD 15 P/L	1/2 Cup		263036

Preparation Instructions

No Preparation Instructions available.

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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 144.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	170.65
Fat	0.54g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	612.26mg
Carbohydrates	34.28g
Fiber	5.41g
Sugar	14.72g
Protein	7.56g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 54.15mg	Iron 2.05mg

*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:	9.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40255
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY 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	N/A	288252
CRACKER GRHM BUG BITES 210CT KEEB	1 Package		859560
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each	N/A	198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package	N/A	194510
CRACKER GRHM CHARACT CHOC 150-1Z KEEB	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ 72-1.06Z	1 Package		503370

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	122.22
Fat	3.78g
SaturatedFat	0.83g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.33mg
Carbohydrates	20.78g
Fiber	1.33g
Sugar	7.33g
Protein	1.89g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 14.44mg	Iron 0.91mg

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

Nutrition - Per 100g

No 100g Conversion Available



Servings:	4.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-40199
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP FLAMAS SPCY LIM R/F 72-1Z DORITO	1 Package	N/A	737611
CHIP COOL RNCH REDC FAT 72-1Z DORIT	1 Package	N/A	541502
CHIP NACHO REDC FAT 72-1Z DORITOS	1 Ounce	N/A	456090
CHIP SPCY SWT REDC 72-1Z SSV DORIT	1 Package	N/A	788670

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.500
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	130.00		
Fat	5.00g		
SaturatedFat	0.63g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	195.00mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.75g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	32.50mg	Iron	0.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli and Cheese

Servings:	197.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-42555
School:	Oregon Davis Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	40 Pound		110473
SAUCE CHS ULTIM YEL POU6 6-106Z LOL	2 Package		310668

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 197.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	75.21
Fat	4.92g
SaturatedFat	2.95g
Trans Fat	0.00g
Cholesterol	14.75mg
Sodium	292.49mg
Carbohydrates	7.46g
Fiber	3.00g
Sugar	1.00g
Protein	6.45g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 141.13mg	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