

# **Cookbook for East Porter County School Corporation**

**Created by HPS Menu Planner**

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# Assorted Variety of Flavored Bread

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Slice	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43188
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD LEM IW 75-3.45Z SUPBAK	1 Each		320907
BREAD BLUEB IW 75-3.45Z SUPBAK	1 Each		319418
BREAD BANANA IW 75-3.45Z SUPBAK	1 Each		319413

## 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: 3.00

Serving Size: 1.00 Slice

#### Amount Per Serving

<b>Calories</b>	253.33
<b>Fat</b>	8.00g
<b>SaturatedFat</b>	1.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	246.67mg
<b>Carbohydrates</b>	44.67g
<b>Fiber</b>	2.00g
<b>Sugar</b>	21.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 117.67mg	<b>Iron</b> 1.00mg

\*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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# Variety of Assorted Pop-Tarts®

<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-31921

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	452082
PASTRY POP-TART WGRAIN STRAWB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN 72-2CT	1 Package	2.50 Whole Grain Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB 72-2CT	1 Package	2.25 Whole Grain Grain Equivalents	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

<b>Amount Per Serving</b>			
<b>Calories</b>	355.75		
<b>Fat</b>	5.63g		
<b>SaturatedFat</b>	1.83g		
<b>Trans Fat</b>	0.03g		
<b>Cholesterol</b>	0.00mg		
<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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# Mini WG Donuts

<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-43190
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
DONUT CHOC MINI IW 72-3.3Z GOODYMN	1 Package		738181
DONUT PWDRD MINI IW 72-3Z GOODYMN	1 Package		738201
DONUT HOLE CAKE PWDRD WGRAIN 60-3.1Z	1 Each		371058
DONUT HOLE CAKE BLUEB WGRAIN 60-3Z	1 Each		371065

## 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>	12.50g		
<b>SaturatedFat</b>	5.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	265.00mg		
<b>Carbohydrates</b>	41.00g		
<b>Fiber</b>	2.25g		
<b>Sugar</b>	19.25g		
<b>Protein</b>	4.25g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	30.25mg	<b>Iron</b>	1.25mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Cereal

<b>Servings:</b>	9.00	<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-43192
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL 96CT GENM	1 Each	N/A	509396
CEREAL CINN TOAST CRNCH BWL 96CT GENM	1 Each	N/A	595934
CEREAL LUCKY CHARMS WGRAIN BWL 96CT	1 Package	N/A	265811
CEREAL APPLCINN WGRAIN BWL 96CT GENM	1 Each	N/A	266052
CEREAL RICE CHEX WGRAIN BWL 96CT GENM	1 Package	N/A	268711
CEREAL TRIX R/S WGRAIN BWL 96CT GENM	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S 96CT	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL 96-1Z KELL	1 Each		283611
CEREAL CHEERIOS HNY BOWL 96-1Z	1 Each	N/A	261557

## 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: 9.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	111.54		
<b>Fat</b>	1.44g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	159.14mg		
<b>Carbohydrates</b>	23.33g		
<b>Fiber</b>	1.69g		
<b>Sugar</b>	7.33g		
<b>Protein</b>	1.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	85.11mg	<b>Iron</b>	3.27mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Muffin

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43193
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BAN WGRAIN IW 72-2Z ARYZTA	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW 48-2Z SL	1 Each		262370
MUFFIN BANANA WGRAIN IW 48-2Z SL	1 Each		262362
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 CHOCOLATE CHP WGRAIN IW 96-2Z	1 Each		273681

## 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: 7.00

Serving Size: 1.00 Each

### Amount Per Serving

<b>Calories</b>	185.71
<b>Fat</b>	6.29g
<b>SaturatedFat</b>	1.57g
<b>Trans Fat</b>	0.03g
<b>Cholesterol</b>	22.14mg
<b>Sodium</b>	118.57mg
<b>Carbohydrates</b>	29.86g
<b>Fiber</b>	1.57g
<b>Sugar</b>	15.57g
<b>Protein</b>	2.71g
<b>Vitamin A</b> 2.06IU	<b>Vitamin C</b> 0.01mg
<b>Calcium</b> 16.57mg	<b>Iron</b> 0.91mg

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## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Cereal Bar (2 Grain)

<b>Servings:</b>	3.00	<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-43196
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL LUCKY CHARMS 48-2.5Z	1 each		368248
BAR CEREAL CHEERIOS PCH 48-2.5Z	1 Each		368353
BAR CEREAL CINN TST 48-2.5Z GENM	1 Each		811411

## 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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	273.33		
<b>Fat</b>	5.67g		
<b>SaturatedFat</b>	0.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	180.00mg		
<b>Carbohydrates</b>	51.33g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	15.00g		
<b>Protein</b>	4.33g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	423.33mg	<b>Iron</b>	3.90mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Goldfish® Grahams

<b>Servings:</b>	3.00	<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-43195
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH GRHM VAN 300-.9Z PEPP	1 Each		198472
CRACKER GLDFSH CINN 300-2CT PEPPFM	1 Package		194510
CRACKER GLDFSH GRHM FREN TST 300-1Z	1 Package		288252

## 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>	123.33
<b>Fat</b>	4.17g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	125.00mg
<b>Carbohydrates</b>	19.67g
<b>Fiber</b>	1.33g
<b>Sugar</b>	7.00g
<b>Protein</b>	1.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 40.00mg	<b>Iron</b> 0.91mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Assorted Variety of Yogurt Cups

<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-43194
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT STRAWB BAN BASH L/F 48-4Z TRIX	1 Each		551760
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	1 Each		885750
YOGURT RASPB RNBW L/F 48-4Z TRIX	1 Each		551770

## 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

#### Amount Per Serving

<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

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Uncrustable with Cheese Stick and Goldfish

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32954

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN 72-2.6Z	1 Each		527462
SAND UNCRUST PB&J STRAWB 72-2.6Z	1 Each		536012
CHEESE STRING MOZZ LT IW 168-1Z LOL	2 Each	Or use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	2 Package		736280

## Preparation Instructions

Note: Kit consist of 1 Uncrustable, a Cheese Stick, and 1 package of goldfish crackers

Updated 9.18.23

### 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: 2.00

Serving Size: 1.00 Kit

Amount Per Serving			
<b>Calories</b>	460.00		
<b>Fat</b>	22.50g		
<b>SaturatedFat</b>	6.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	650.00mg		
<b>Carbohydrates</b>	47.50g		
<b>Fiber</b>	4.00g		
<b>Sugar</b>	16.00g		
<b>Protein</b>	18.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	261.50mg	<b>Iron</b>	1.70mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Diced Chicken Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43206
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Chicken, Diced, Cooked, Frozen	2 Ounce	Weight Commodity Brown Box	100101
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	301.70		
<b>Fat</b>	11.18g		
<b>SaturatedFat</b>	6.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	57.60mg		
<b>Sodium</b>	303.47mg		
<b>Carbohydrates</b>	31.02g		
<b>Fiber</b>	4.17g		
<b>Sugar</b>	2.33g		
<b>Protein</b>	20.12g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	150.98mg	<b>Iron</b>	2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Turkey Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32958

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD 6-2 JENNO	4 Slice	Or use 2.90 ounce weight of brown box commodity Sliced Deli Breast Turkey	689541
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

Updated 9.18.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

Amount Per Serving	
<b>Calories</b>	311.36
<b>Fat</b>	10.20g
<b>SaturatedFat</b>	6.63g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	56.43mg
<b>Sodium</b>	706.78mg
<b>Carbohydrates</b>	31.02g
<b>Fiber</b>	4.17g
<b>Sugar</b>	2.33g
<b>Protein</b>	26.49g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.98mg	<b>Iron</b> 2.00mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Diced Ham Wrap

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Wrap	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43205
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, Cubed Frozen	2 1/2 Ounce	Weight Commodity Brown Box	100188-H
LETTUCE SHRD TACO 1/8CUT 4-5 RSS	1/4 Cup		242489
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup		150250
TORTILLA FLOUR LO SOD 9 16-12CT	1 Each		523610

## Preparation Instructions

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.500
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Wrap

#### Amount Per Serving

<b>Calories</b>	305.52
<b>Fat</b>	13.28g
<b>SaturatedFat</b>	8.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.49mg
<b>Sodium</b>	722.88mg
<b>Carbohydrates</b>	35.12g
<b>Fiber</b>	4.17g
<b>Sugar</b>	4.38g
<b>Protein</b>	18.37g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 150.98mg	<b>Iron</b> 2.00mg

\*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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# Salad with Turkey

<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-43202
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
Turkey, Deli Breast, Sliced	1 1/2 Ounce	weight Commodity/Brown Box	110554
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

## Preparation Instructions

Place lettuce in bottom of container and layer turkey (that has been diced up), shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.18.23

## 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>	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>	457.54
<b>Fat</b>	17.63g
<b>SaturatedFat</b>	7.01g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	48.88mg
<b>Sodium</b>	717.62mg
<b>Carbohydrates</b>	50.72g
<b>Fiber</b>	8.98g
<b>Sugar</b>	10.53g
<b>Protein</b>	28.30g
<b>Vitamin A</b> 209.12IU	<b>Vitamin C</b> 3.59mg
<b>Calcium</b> 412.93mg	<b>Iron</b> 2.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Salad with Diced Ham

<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-43203
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE SALAD MXD 4-5 RSS	1 Pint		206504
Ham, Cubed Frozen	1 1/2 Ounce	Weight Commodity Brown Box	100188-H
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	1 ounce weight or 1/4 cup	150250
CUCUMBER SELECT 24CT MRKN	1/8 Cup	5 slices	418439
TOMATO GRAPE SWT 10 MRKN	1/8 Cup	5 each	129631
CRACKER CHEEZ-IT WGRAIN IW 175-.75Z	1 Package		282422
CROUTON CHS GARL WGRAIN 250-.5Z	2 Package		661022

## Preparation Instructions

Place lettuce in bottom of container and layer diced ham, shredded cheese, cucumbers and tomato on top. Serve 1 package of Cheez-it and 2 package of croutons with salad.

Updated 9.18.23

## 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>	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>	457.92
<b>Fat</b>	19.04g
<b>SaturatedFat</b>	8.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.13mg
<b>Sodium</b>	1002.87mg
<b>Carbohydrates</b>	52.13g
<b>Fiber</b>	8.98g
<b>Sugar</b>	11.76g
<b>Protein</b>	26.05g
<b>Vitamin A</b> 209.12IU	<b>Vitamin C</b> 3.59mg
<b>Calcium</b> 412.93mg	<b>Iron</b> 2.82mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# High School: Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-32956

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	1 Cup		881161
Strawberries IQF sliced	1/2 Cup	Commodity Brown Box	110860
GRANOLA OATHNY BULK 4-50Z NATVLLY	1/2 Cup	**Non-Whole Grain**	226671

## Preparation Instructions

Updated 9.18.23

### Meal Components (SLE)

Amount Per Serving

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

Serving Size: 1.00 PARFAIT

Amount Per Serving	
<b>Calories</b>	405.60
<b>Fat</b>	4.85g
<b>SaturatedFat</b>	1.87g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	14.93mg
<b>Sodium</b>	365.67mg
<b>Carbohydrates</b>	81.63g
<b>Fiber</b>	3.24g
<b>Sugar</b>	42.54g
<b>Protein</b>	12.69g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 338.81mg	<b>Iron</b> 1.34mg

\*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**

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**No 100g Conversion Available**

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# Sub Sandwich (Ham and Turkey)

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43199
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5 12-8CT GCHC	1 Each		276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box or Use GFS#722360	100036
TURKEY, DELI BREAST, SLICED	1 3/7 Ounce	Weight USDA Brown Box	110554
Ham, 97% Fat Free, Cooked , Water Added, Sliced	1 2/9 Ounce	Weight USDA Brown Box	100187

## Preparation Instructions

Thaw meat out ahead of time.

Layer ham, turkey, and cheese slice on sub bun and hold for cold service.

## 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>	280.00		
<b>Fat</b>	8.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	43.50mg		
<b>Sodium</b>	776.00mg		
<b>Carbohydrates</b>	33.00g		
<b>Fiber</b>	2.00g		
<b>Sugar</b>	5.50g		
<b>Protein</b>	21.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	56.00mg	<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

# Nacho Fun Lunch

<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-43198
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE CHS CHED DIP CUP 140-3Z LOL	1 Each		528690
SALSA CUP 84-3Z REDG	1 Each		677802
CHIP TORTL RND R/F 64-1.45Z TOSTIT	1 Each		662512

## Preparation Instructions

Package all items together for service.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	2.000
<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: 1.00

Serving Size: 1.00 Each

#### Amount Per Serving

<b>Calories</b>	419.30
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	7.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.00mg
<b>Sodium</b>	920.50mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g
<b>Protein</b>	13.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 373.00mg	<b>Iron</b> 0.60mg

\*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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# Elementary: Yogurt Parfait

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 PARFAIT	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43197
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAN L/F 4-5 GCHC	3/4 Cup		881161
Strawberries IQF sliced	1/2 Cup	Commodity Brown Box	110860
GRANOLA OATHNY BULK 4-50Z NATVLLY	1/2 Cup	**Non-Whole Grain**	226671

## Preparation Instructions

Updated 9.18.23

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.500
<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: 1.00

Serving Size: 1.00 PARFAIT

#### Amount Per Serving

<b>Calories</b>	353.36
<b>Fat</b>	4.10g
<b>SaturatedFat</b>	1.49g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	11.19mg
<b>Sodium</b>	330.22mg
<b>Carbohydrates</b>	72.30g
<b>Fiber</b>	3.24g
<b>Sugar</b>	35.82g
<b>Protein</b>	10.45g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.57mg	<b>Iron</b> 1.34mg

\*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**

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**No 100g Conversion Available**

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# Pizza Lunchable

<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-43200
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUCE MARINARA DIPN CUP 84-2.5Z REDG	1 Each		677721
Shredded Mozzarella Cheese, Part Skim	1/2 Cup	USDA Brown Box	100021
FLATBREAD W/GRAIN 4 192-1Z RICH	2 Each	THAW 1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature. 1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders. 2. Simply snap at the seams to break apart.	959048

## Preparation Instructions

Package all ingredients together and hold in cold storage for service.



## 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>	0.500
<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>	390.00
<b>Fat</b>	19.00g
<b>SaturatedFat</b>	10.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	880.00mg
<b>Carbohydrates</b>	38.00g
<b>Fiber</b>	2.00g
<b>Sugar</b>	10.00g
<b>Protein</b>	20.00g
<b>Vitamin A</b> 0.20IU	<b>Vitamin C</b> 0.06mg
<b>Calcium</b> 22.18mg	<b>Iron</b> 2.06mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Cereal Fun Lunch Kit

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Kit	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43201
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW 168-1Z LOL	1 Each	Or use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN 300-.75Z	1 Package		736280
Assorted Cereal	1 Serving		R-43192
Assorted Variety of Yogurt Cups	1 Serving		R-43194

## Preparation Instructions

Package 1 of each item together and hold in cold storage until ready for service.

### 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 Kit

Amount Per Serving			
<b>Calories</b>	348.21		
<b>Fat</b>	8.28g		
<b>SaturatedFat</b>	2.53g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	13.33mg		
<b>Sodium</b>	590.81mg		
<b>Carbohydrates</b>	53.00g		
<b>Fiber</b>	1.69g		
<b>Sugar</b>	17.67g		
<b>Protein</b>	14.99g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	429.78mg	<b>Iron</b>	3.97mg

\*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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# Jell-O Fruit Cup

<b>Servings:</b>	110.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-33336

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Diced Peaches CND 6-10	3 #10 CAN	Can use any canned fruit	100220
Diced Pears 6-10	3 #10 CAN	Can use any canned fruit	100225
Tap Water for Recipes	1 Gallon	Follow gelatin directions for specific amounts of water. (Usually 2 quarts hot water and 2 quarts cold water.)	000001WTR
GELATIN MIX STRAWB 12-24Z GCHC	1 1/2 Pound	1 package of gelatin Can also use GFS#524638, GFS#524654, and GFS#554901	524581

## Preparation Instructions

1. Drain canned peaches and pears, reserving juice for Step 2.
2. Add enough water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add remaining cold water to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

### NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

## 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: 110.00

Serving Size: 0.50 Cup

### Amount Per Serving

<b>Calories</b>	85.06		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	35.45mg		
<b>Carbohydrates</b>	21.12g		
<b>Fiber</b>	1.52g		
<b>Sugar</b>	18.57g		
<b>Protein</b>	0.36g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.36mg	<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

# Mini Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-42211
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE CINN IW WGRAIN 80-2CT THE MAX	1 Package		642230
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package		395303
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package		284831

## Preparation Instructions

Cook pancakes according to directions on case.

### 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>	210.00
<b>Fat</b>	6.33g
<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	6.67mg
<b>Sodium</b>	270.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.67g
<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> 1.68mg

\*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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# Sausage Biscuit

<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>	Breakfast	<b>Recipe ID:</b>	R-43209
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BISCUIT BTRMLK 100-2.25Z BRIDG	1 Each	**Non-Whole Grain**	451740
SAUSAGE PTY CHIX CKD 1.36Z 6-5.01TYS	1 Each		138941

## Preparation Instructions

Cook items according to directions on case and then serve sausage patty between biscuit.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	290.00		
<b>Fat</b>	13.00g		
<b>SaturatedFat</b>	4.50g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	40.00mg		
<b>Sodium</b>	810.00mg		
<b>Carbohydrates</b>	29.00g		
<b>Fiber</b>	1.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	15.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	69.00mg	<b>Iron</b>	3.00mg

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

### Nutrition - Per 100g

No 100g Conversion Available



# Mini Waffles

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-43210
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW 72-2.65Z EGGO	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW 72-2.47Z	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW 72-2.47Z	1 Package		269260

## Preparation Instructions

Heat according to directions on case.

### 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>	200.00
<b>Fat</b>	5.67g
<b>SaturatedFat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	183.33mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	11.33g
<b>Protein</b>	3.67g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 2.03mg

\*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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# BeneFIT Bar

<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-43211
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN BENEFIT 48-2.5Z	1 Each		879671
BAR BKFST BAN CHOC CHNK IW 48-2.5Z	1 Each		875860
BAR BKFST OATML CHOC CHP BNFT 48-2.5Z	1 Each		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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	8.33g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	15.00mg		
<b>Sodium</b>	216.67mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	3.33g		
<b>Sugar</b>	21.67g		
<b>Protein</b>	4.67g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	26.67mg	<b>Iron</b>	1.90mg

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## **Nutrition - Per 100g**

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**No 100g Conversion Available**

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# Mini French Toast

<b>Servings:</b>	2.00	<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-43212
<b>School:</b>	East Porter County School Corporation		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRENCH TST MINI CINN IW 72-2.64Z	1 Package		150291
FRENCH TST MINI CHOC CHIP IW 72-3.03Z	1 Package		498492

## Preparation Instructions

Heat according to directions on package.

### 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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	205.00
<b>Fat</b>	6.00g
<b>SaturatedFat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	205.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Sugar</b>	10.50g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 170.00mg	<b>Iron</b> 2.65mg

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### Nutrition - Per 100g

No 100g Conversion Available