

Cookbook for Concord After School Snack

Created by HPS Menu Planner

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Assortment of Cereal

| | | | |
|----------------------|---|-----------------------|---------|
| Servings: | 13.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-28214 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|--------------------------------------|-------------|------------|
| CEREAL FROOT LOOPS R/S BWL | 1 Each | 283620 |
| CEREAL COCOA PUFFS WGRAIN R/S | 1 Each | 270401 |
| CEREAL LUCKY CHARMS WGRAIN BWL | 1 Package | 265811 |
| CEREAL CINN TOAST R/S BWL | 1 Each | 365790 |
| CEREAL APPLE JACKS R/S BWL | 1 Each | 283611 |
| CEREAL FRSTD FLKS R/S BWL | 1 Each | 388190 |
| CEREAL CINN CHEX BWL | 1 Each | 453143 |
| CEREAL FRSTD MINI WHE BWL | 1 Each | 662186 |
| CEREAL CHEERIOS WGRAIN BWL | 1 Each | 264702 |
| CEREAL TRIX R/S WGRAIN BWL | 1 Package | 265782 |
| CEREAL CHEERIOS HNYNUT BWL | 1 Each | 509396 |
| CEREAL CHEERIOS FRTY WGRAIN BWL 96CT | 1 Package | 265803 |
| CEREAL GLDN GRAHAMS BWL | 1 Each | 509434 |

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 | 107.82 | | |
| Fat | 1.27g | | |
| SaturatedFat | 0.05g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 147.91mg | | |
| Carbohydrates | 23.54g | | |
| Fiber | 2.09g | | |
| Sugar | 7.08g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 65.97mg | Iron | 3.63mg |

*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: | 8.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-29387 |
| School: | Concord Community Elementary Schools | | |

Ingredients

| Description | Measurement | DistPart # |
|------------------------------|-------------|------------|
| CRACKER GLDFSH GRHM VAN | 1 Each | 198472 |
| CRACKER GLDFSH CINN | 1 Package | 194510 |
| CRACKER GRHM VAN CHAT | 1 Each | 774471 |
| CRACKER GRHM TIGER BITE CHOC | 1 Package | 123171 |
| CRACKER GRHM STCK SCOOBY | 1 Package | 859550 |
| CRACKER GRHM BUG BITES | 1 Package | 859560 |
| CRACKER GLDFSH GRHM FREN TST | 1 Each | 288252 |
| CRACKER GRHM GRIPZ CHOC IW | 1 Package | 282441 |

Preparation Instructions

Note: All items count as a dessert grain at lunch. Maximum amount of dessert grain allowed to offer per week is 2 oz equivalents.

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 121.25 | | |
| Fat | 3.88g | | |
| SaturatedFat | 0.94g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 114.38mg | | |
| Carbohydrates | 20.38g | | |
| Fiber | 1.25g | | |
| Sugar | 7.25g | | |
| Protein | 1.88g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 15.00mg | Iron | 0.92mg |

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tart

| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-24447 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | DistPart # |
|-------------------------------|-------------|------------|
| PASTRY POP-TART WGRAIN CINN | 1 Package | 123081 |
| PASTRY POP-TART WGRAIN STRAWB | 1 Package | 123031 |

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

| | |
|-----------------|-------|
| Meat | 0.000 |
| Grain | 2.250 |
| 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 | 345.00 |
| Fat | 5.50g |
| SaturatedFat | 1.75g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 235.00mg |
| Carbohydrates | 73.00g |
| Fiber | 6.00g |
| Sugar | 29.50g |
| Protein | 4.50g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 260.00mg | Iron 3.60mg |

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Nutrition - Per 100g

No 100g Conversion Available