

Cookbook for Knox Middle School

Created by HPS Menu Planner

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Pop Tart

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-30220
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Piece	695880
PASTRY POP-TART WGRAIN STRAWB	1 Piece	695890
PASTRY POP-TART WGRAIN FUDG	1 Each	452062

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
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	170.00
Fat	2.83g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	118.33mg
Carbohydrates	36.33g
Fiber	3.00g
Sugar	14.67g
Protein	2.00g
Vitamin A 166.67IU	Vitamin C 0.00mg
Calcium 130.00mg	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

Blueberry or Chocolate Muffin

Servings:	2.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31501
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
MUFFIN BLUEBERRY IW	1 Each	273442
MUFFIN DBL CHOC WGRAIN IW	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: 2.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	170.00
Fat	5.25g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	110.00mg
Carbohydrates	26.50g
Fiber	1.50g
Sugar	13.50g
Protein	3.00g
Vitamin A 7.21IU	Vitamin C 0.03mg
Calcium 19.88mg	Iron 1.17mg

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

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31349
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
JUICE GRP 100 FRSH	1 Each	118940
JUICE ORNG 100 FRSH	1 Each	118930
JUICE APPLE 100 FRSH	1 Each	118921

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	63.33		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.40mg		
Carbohydrates	15.00g		
Fiber	0.00g		
Sugar	14.00g		
Protein	0.03g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.33mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31441
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	100036
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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 Sandwich

Amount Per Serving			
Calories	338.00		
Fat	14.50g		
SaturatedFat	5.60g		
Trans Fat	0.60g		
Cholesterol	46.50mg		
Sodium	649.00mg		
Carbohydrates	28.00g		
Fiber	4.00g		
Sugar	4.50g		
Protein	22.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	63.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham Chef Salad with Cheez-It and Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 salad	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31438
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
LETTUCE BLND ROMAINE MXD	1 Pint	755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	100012
Ham, Cubed Frozen	1 1/2 Ounce	100188-H
MUFFIN BLUEBERRY IW	1 Each	273442
CRACKER CHEEZ-IT WGRAIN IW	1 Ounce	282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	1.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories	438.83		
Fat	17.63g		
SaturatedFat	7.06g		
Trans Fat	0.00g		
Cholesterol	62.13mg		
Sodium	813.57mg		
Carbohydrates	52.13g		
Fiber	4.97g		
Sugar	16.87g		
Protein	21.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	186.97mg	Iron	1.96mg

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

Nutrition - Per 100g

No 100g Conversion Available

Uncrustable, String Cheese, & Cheez-It

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31385

Ingredients

Description	Measurement	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each	527462
CHEESE STRING MOZZ IW	1 Each	786580
CRACKER CHEEZ-IT WGRAIN IW	1 Package	282422

Preparation Instructions

No Preparation Instructions available.

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	480.00
Fat	25.50g
SaturatedFat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	630.00mg
Carbohydrates	48.00g
Fiber	5.00g
Sugar	16.00g
Protein	17.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 341.00mg	Iron 1.72mg

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

Nutrition - Per 100g

No 100g Conversion Available

Ham & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30189
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
TURKEY HAM SLCD	6 Slice	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	100018
BUN SUB SLCD WGRAIN 5IN	1 Each	276142

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	315.00
Fat	12.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	72.50mg
Sodium	805.00mg
Carbohydrates	30.00g
Fiber	2.00g
Sugar	4.50g
Protein	21.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.72mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey & Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-30188
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice	244190
BUN SUB SLCD WGRAIN 5IN	1 Each	276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each	100036

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	310.00		
Fat	9.50g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	52.50mg		
Sodium	700.00mg		
Carbohydrates	30.00g		
Fiber	2.00g		
Sugar	4.50g		
Protein	25.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.40mg

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Nutrition - Per 100g

No 100g Conversion Available

Glazed Carrots

Servings:	98.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31503
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
Carrots fzn	20 Pound	100352
BUTTER PRINT SLTD GRD AA	1 Pound	191205
SUGAR BROWN LT	2 Pound	860311

Preparation Instructions

Divide all ingredients between two pans.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	90.49		
Fat	4.60g		
SaturatedFat	2.29g		
Trans Fat	0.00g		
Cholesterol	33.99mg		
Sodium	72.74mg		
Carbohydrates	14.21g		
Fiber	2.02g		
Sugar	11.19g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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Nutrition - Per 100g

No 100g Conversion Available

Breaded Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31439
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	281622
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Sandwich

Amount Per Serving

Calories	390.00		
Fat	16.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	680.00mg		
Carbohydrates	41.00g		
Fiber	6.00g		
Sugar	5.00g		
Protein	19.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	3.90mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Steamed Broccoli

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31520
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
Broccoli, No salt added, Frozen	15 Pound	110473
SEASONING GARLIC PEPR	1 Tablespoon	655252

Preparation Instructions

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: 81.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.32		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	32.64mg		
Carbohydrates	5.06g		
Fiber	3.04g		
Sugar	1.01g		
Protein	3.04g		
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

Refried Beans

Servings:	16.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38820
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
BEAN REFRD VEGTAR	1 Pound 11 1/11 Ounce (27 1/11 Ounce)	703753
Tap Water for Recipes	1/2 Gallon	000001WTR

Preparation Instructions

RECONSTITUTE

- 1: Pour 1/2 gallon (1.9L) boiling water into 4" deep half-steamtable pan.
- 2: Quickly pour full pouch of beans into water and cover.
- 3: Allow beans to sit for 25 minutes on steamtable.
- 4: Season if desired, stir, 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	0.500
Starch	0.000

Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	173.78		
Fat	1.86g		
SaturatedFat	0.62g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	682.71mg		
Carbohydrates	28.55g		
Fiber	11.17g		
Sugar	0.00g		
Protein	11.17g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	62.06mg	Iron	2.61mg

*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:	38.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31350
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
POTATO PRLS EXCEL	1 Pound 12 Ounce (28 Ounce)	613738
Tap Water for Recipes	1 Gallon 1 Cup (17 Cup)	000001WTR

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	0.027

Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	78.34		
Fat	0.87g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	322.07mg		
Carbohydrates	14.80g		
Fiber	0.87g		
Sugar	0.00g		
Protein	1.74g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Seasoned Corn

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31518
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	15 Pound	100348
SEASONING GARLIC PEPR	1 Tablespoon	655252

Preparation Instructions

STEAM

Divide 30# case into 2 vented steam table pans and put into preheated steam unit.

CCP: Heat through until internal temperature reaches 145° or higher

Remove from steamer and put in non vented steam table pans and cover with plastic wrap.

CCP: Hold for hot service at 140° or higher for no longer than 4 hours

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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	67.41		
Fat	1.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.25mg		
Carbohydrates	16.10g		
Fiber	2.01g		
Sugar	3.02g		
Protein	2.01g		
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

Chicken Gravy

Servings:	128.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-30186
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
GRAVY MIX CHIX	1 Package	290025
Tap Water for Recipes	1 Gallon	000001WTR

Preparation Instructions

ADD ONE PKG TO 1 GALLON BOILING WATER, BLEND W/WIRE WHIP & SIMMER FOR 1 MIN. EACH PKG MAKES APPROX 1 GALLON OR 64-2Z SRV GRAVY. CASE YIELDS 8 GALLONS OR 512-2Z SERVINGS.

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	0.000

Nutrition Facts

Servings Per Recipe: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	19.45		
Fat	0.28g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	133.40mg		
Carbohydrates	3.89g		
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

Spicy Chicken Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31440
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	327080
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

BAKE

Appliances vary, adjust accordingly.

Conventional Oven

8-10 minutes at 400°F from frozen.

CONVECTION

Appliances vary, adjust accordingly.

Convection Oven

6-8 minutes at 375°F from frozen.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Sandwich

Amount Per Serving

Calories	380.00		
Fat	15.00g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	590.00mg		
Carbohydrates	40.00g		
Fiber	5.00g		
Sugar	5.00g		
Protein	18.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	60.00mg	Iron	4.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Pizza Burger

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-48017
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
BEEF PTY CKD 2.5Z 6-5 COMM	1 Each	785850
SAUCE MARINARA A/P	1 Tablespoon	592714
PEPPERONI SLCD 18-20/Z	3 Slice	730025
Cheese, Mozzarella, Part Skim, Shredded	1 Fluid Ounce	100021
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each	266546

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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	377.25		
Fat	18.29g		
SaturatedFat	7.40g		
Trans Fat	0.60g		
Cholesterol	57.50mg		
Sodium	734.75mg		
Carbohydrates	28.50g		
Fiber	4.25g		
Sugar	5.13g		
Protein	23.45g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	65.63mg	Iron	4.20mg

*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:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31519
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
Green Beans, Low Sodium Canned	4 #10 CAN	100307
SEASONING GARLIC PEPR	1 Fluid Ounce	655252

Preparation Instructions

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: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	26.94		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	168.39mg		
Carbohydrates	4.31g		
Fiber	2.16g		
Sugar	2.16g		
Protein	1.08g		
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 Mixed Vegetables

Servings:	81.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34796
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
Mixed Vegetables	16 1/4 Pound	111230
SEASONING GARLIC PEPR	1 Tablespoon	655252

Preparation Instructions

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.125
Legumes	0.000
Starch	0.250

Nutrition Facts

Servings Per Recipe: 81.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	59.01		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	42.37mg		
Carbohydrates	12.00g		
Fiber	4.00g		
Sugar	3.00g		
Protein	3.00g		
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

Eggo Bites® Mini Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-31436
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	395303
PANCAKE MINI BLUEB IW 72-3.03Z EGGO	1 Package	284841
PANCAKE MINI MAPL IW	1 Package	284831

Preparation Instructions

BAKE

Keep Frozen Until Ready to Use

Do Not Refreeze Thawed Product.

CONVENTIONAL OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 14 - 15 minutes.

CONVECTION OVEN*:

1. Preheat oven to 350°F.
2. Place frozen pouches, picture side up, in a single layer on baking sheet.
3. Heat for 9 - 10 minutes.

*Do not exceed 350°F. Do NOT allow pouches to contact any interior oven surfaces. Bake times will vary by oven load and type.

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	206.67		
Fat	6.33g		
SaturatedFat	1.00g		
Trans Fat	0.00g		
Cholesterol	6.67mg		
Sodium	240.00mg		
Carbohydrates	36.00g		
Fiber	4.00g		
Sugar	11.33g		
Protein	4.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	2.40mg

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

Nutrition - Per 100g

No 100g Conversion Available

RF Doritos

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32653
School:	Knox Community After School Snack		

Ingredients

Description	Measurement	DistPart #
CHIP COOL RNCH REDC FAT	1 Package	541502
CHIP FLAMAS SPCY LIM R/F	1 Package	737611
CHIP NACHO REDC FAT	1 Package	456090

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: 3.00

Serving Size: 1.00 Bag

Amount Per Serving

Calories	130.00		
Fat	5.00g		
SaturatedFat	0.67g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	193.33mg		
Carbohydrates	20.00g		
Fiber	2.00g		
Sugar	0.67g		
Protein	2.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	33.33mg	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

Seasoned Peas

Servings:	82.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32488
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
PEAS FRZN 30	15 Pound	100350
SEASONING GARLIC PEPR	1 Tablespoon	655252

Preparation Instructions

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: 82.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	64.29
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	70.39mg
Carbohydrates	11.41g
Fiber	4.15g
Sugar	4.15g
Protein	4.15g
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 Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 PARFAIT	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31522
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
YOGURT VAN L/F PARFPR	3/4 Cup	811500
BERRIES THREE BLEND	1/2 Cup	221020
GRANOLA BAG IW	1 Package	649742

Preparation Instructions

Use 12 oz cup. Put 3/4 cup yogurt and 1/2 cup frozen mixed berries and serve a bag of the granola on the side.

Meal Components (SLE)

Amount Per Serving

Meat	1.500
Grain	1.000
Fruit	0.500
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 PARFAIT

Amount Per Serving	
Calories	322.91
Fat	4.87g
SaturatedFat	0.56g
Trans Fat	0.00g
Cholesterol	5.60mg
Sodium	164.55mg
Carbohydrates	63.20g
Fiber	5.00g
Sugar	35.13g
Protein	9.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 215.49mg	Iron 1.22mg

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

Nutrition - Per 100g

No 100g Conversion Available

Apple Crisp

Servings:	48.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37243

Ingredients

Description	Measurement	DistPart #
SUGAR BROWN LT	3 Pound	860311
BUTTER PRINT SLTD GRD AA	1 Pound	191205
FLOUR HR A/P	1 Quart	227528
OATS QUICK HOT CEREAL	1 Pint 1 Cup (3 Cup)	240869
SPICE CINNAMON GRND	1 Fluid Ounce	224723
SPICE NUTMEG GRND	1 1/2 Teaspoon	224944
SALT IODIZED	1 Teaspoon	350732
APPLE SLCD W/P	1 #10 CAN	117773
Applesauce cnd	1/2 #10 CAN	110541comm

Preparation Instructions

Day Prior to service

Combine the first 7 ingredients until crumbly and set aside (or do the day before and store in the refrigerator)

Prep:

Clean and sanitize prep area

Gather the pans, ingredients, topping and turn convection oven to 300 degrees to preheat Spray a 26x18x2 baking pan and add the apples and the applesauce to the pan.

Sprinkle with topping and bake in preheated 300 oven for 30 minutes.

Remove from oven and let cool on rack

Cut into 48 pieces and plate them

Yield: 48 servings per pan

Note: Non-Whole Grain item

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving

Calories	250.98		
Fat	7.71g		
SaturatedFat	4.73g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	114.59mg		
Carbohydrates	45.10g		
Fiber	2.00g		
Sugar	32.17g		
Protein	1.79g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.50mg	Iron	0.64mg

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

Nutrition - Per 100g

No 100g Conversion Available

Stove Top Stuffing

Servings:	48.00	Category:	Condiments or Other
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37302
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
STUFFING MIX CHIX FLEX	3 Pound	173582
Tap Water for Recipes	3 Quart	000001WTR
BUTTER PRINT SLTD GRD AA	1 Pint	191205

Preparation Instructions

Bring water and butter to boil in saucepan. Stir in stuffing mix; cover. Remove from heat and let stand 5 minutes before fluffing.

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	0.000

Nutrition Facts

Servings Per Recipe: 48.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	176.67		
Fat	9.83g		
SaturatedFat	4.67g		
Trans Fat	0.00g		
Cholesterol	20.00mg		
Sodium	510.00mg		
Carbohydrates	20.00g		
Fiber	1.00g		
Sugar	2.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	1.30mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini French Toast

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-40961
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
FRENCH TST MINI BRY IW	1 Package	150281
FRENCH TST MINI CINN IW	1 Package	150291
FRENCH TST MINI CHOC CHIP IW	1 Package	498492

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	206.67
Fat	6.33g
SaturatedFat	1.17g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	200.00mg
Carbohydrates	36.00g
Fiber	2.67g
Sugar	10.67g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.67mg	Iron 2.27mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cherry Crisp

Servings:	50.00	Category:	Fruit
Serving Size:	1.00 Piece	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-37301
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
FLOUR HR A/P	13 1/2 Ounce	227528
OATS QUICK HOT CEREAL	9 Ounce	240869
SUGAR BROWN LT	15 Ounce	860311
SPICE CLOVES GRND	1/2 Teaspoon	224774
SALT IODIZED	1/2 Teaspoon	350732
BUTTER PRINT SLTD GRD AA	1 Pound	191205
CHERRY RED TART PITTED W/P	8 1/2 Pound	118125
SUGAR CANE GRANUL	10 Ounce	108642
JUICE ORNG 100 FRSH	1/4 Cup	118930
STARCH CORN BIB	3/8 Cup	704377
Tap Water for Recipes	1/2 Cup	000001WTR

Preparation Instructions

1. For topping: Combine flour, rolled oats, brown sugar, cloves, salt, and butter. Mix until crumbly. Set aside for step 8.
2. For filling: Drain cherries, while 1 cup of juice reserving juice.
3. Place cherries into steam table pan (12" x 20" x 2 1/2").
4. Combine cherry juice with sugar and orange juice concentrate. Cook juice mixture over medium heat for 2 minutes.
5. Combine cornstarch and cold water. Stir until smooth.
6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
7. Pour liquid mixture over cherries in each pan.
8. Sprinkle topping evenly over cherries in pan.
9. Bake until topping is browned and crisp: Conventional oven: 425° F for 35-45 minutes. Convection oven: 350° F

for 25-35 minutes

10. Cool. Cut each pan 5 x 10 (50 pieces per pan).

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.750
Fruit	0.250
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Piece

Amount Per Serving

Calories	312.76		
Fat	7.41g		
SaturatedFat	4.54g		
Trans Fat	0.00g		
Cholesterol	19.20mg		
Sodium	100.25mg		
Carbohydrates	61.20g		
Fiber	1.36g		
Sugar	50.64g		
Protein	2.16g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	1.17mg	Iron	0.55mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Parmesan

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-44865
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
CHIX PTY BRD WGRAIN FC 3.54Z	1 Each	281622
CHEESE MOZZ SHRD	1 Fluid Ounce	645170
SAUCE SPAGHETTI FCY	1/4 Cup	852759

Preparation Instructions

Cook chicken according to package directions.
Top with sauce and cheese, cover and put in warmer.
Hold at 135 degrees

Meal Components (SLE)

Amount Per Serving

Meat	2.500
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	299.00
Fat	17.00g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	658.00mg
Carbohydrates	19.50g
Fiber	4.00g
Sugar	3.50g
Protein	18.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 139.50mg	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

Lasagna Roll-Ups

Servings:	18.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38120
School:	Knox Elementary		

Ingredients

Description	Measurement	DistPart #
LASAGNA ROLL-UP WGRAIN	18 Each	234041
CHEESE MOZZ SHRD	1 Cup	645170
SAUCE MARINARA A/P	1/2 #10 CAN	592714

Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	578.55
Fat	16.89g
SaturatedFat	4.28g
Trans Fat	0.00g
Cholesterol	23.33mg
Sodium	2914.71mg
Carbohydrates	80.19g
Fiber	14.74g
Sugar	37.08g
Protein	29.30g
Vitamin A 400.00IU	Vitamin C 6.00mg
Calcium 479.35mg	Iron 7.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Salisbury Steak

Servings:	30.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-39659
School:	Knox High School		

Ingredients

Description	Measurement	DistPart #
BEEF STK SMKY GRLL 100-3Z PIER	30 Each	451400
GRAVY MIX BROWN	2 Quart	242450
Tap Water for Recipes	2 Quart	000001WTR

Preparation Instructions

Make gravy according to package directions.

Pour 1/2 gallon gravy over each pan of 30 Salisbury Steaks.

Heat.

Meal Components (SLE)

Amount Per Serving

Meat	3.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 30.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	256.67		
Fat	17.53g		
SaturatedFat	7.00g		
Trans Fat	1.00g		
Cholesterol	70.00mg		
Sodium	743.33mg		
Carbohydrates	4.27g		
Fiber	0.00g		
Sugar	1.07g		
Protein	16.00g		
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

Grilled Cheese Sandwich

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37303
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	48 Each	266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	100036
BUTTER PRINT SLTD GRD AA	1 Cup	191205

Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

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: 24.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	386.67
Fat	19.33g
SaturatedFat	10.67g
Trans Fat	0.00g
Cholesterol	50.00mg
Sodium	890.00mg
Carbohydrates	36.00g
Fiber	4.00g
Sugar	6.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Tomato Soup

Servings:	47.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37304
School:	Knox Middle School		

Ingredients

Description	Measurement	DistPart #
SOUP TOMATO	2 #10 CAN 5/14 #5 CAN (4 #5 CAN)	488232
1% Low Fat White Milk	1 Quart	4752

Preparation Instructions

Open tomato soup cans and put in a 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer for 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 47.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	93.62
Fat	1.15g
SaturatedFat	0.13g
Trans Fat	0.00g
Cholesterol	0.85mg
Sodium	376.17mg
Carbohydrates	17.96g
Fiber	0.94g
Sugar	10.38g
Protein	2.55g
Vitamin A 42.55IU	Vitamin C 0.20mg
Calcium 34.89mg	Iron 0.37mg

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

Nutrition - Per 100g

No 100g Conversion Available