

Cookbook for Hebron Schools/MSD of Boone Twp

Created by HPS Menu Planner

Cookbook for Hebron Elementary and Middle School

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Assorted Variety of Juice

Variety of Assorted Cereal

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Cereal Bar Variety

1 ct. Pop-Tart Variety

Assorted Variety of Juice

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49255

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE ORNG 100% FRSH	1 Each		118930
JUICE APPL 100% FZ	1 Each		135440
JUICE GRP 100% FRSH	1 Each		118940

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	3.33mg
Carbohydrates	15.00g
Fiber	0.00g
Sugar	14.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 20.00mg
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

Variety of Assorted Cereal

Servings:	14.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49252

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	N/A	265811
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL CHEERIOS HNYNUT BWL	1 Each	READY_TO_EAT Ready to eat	509396
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737

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: 14.00

Serving Size: 1.00 Each

Amount Per Serving

Calories	108.19		
Fat	1.28g		
SaturatedFat	0.02g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	148.08mg		
Carbohydrates	23.71g		
Fiber	2.18g		
Sugar	7.00g		
Protein	1.98g		
Vitamin A	130.07IU	Vitamin C	1.90mg
Calcium	77.87mg	Iron	5.88mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffins

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	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 Each

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

Cereal Bar Variety

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49258

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIO WGRAIN IW	1 Each	N/A	265931
BAR CEREAL GLDN GRHM WGRAIN	1 Each	N/A	265921
BAR CEREAL CINN TST WGRAIN	1 Each	N/A	265891
BAR CEREAL TRIX WGRAIN	1 Each	N/A	268690
BAR CEREAL COCOPUFF WGRAIN	1 Each	N/A	265901

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	158.00		
Fat	3.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	108.00mg		
Carbohydrates	29.60g		
Fiber	3.00g		
Sugar	8.80g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	238.00mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available

1 ct. Pop-Tart Variety

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49256

Ingredients

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

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	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

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Nutrition - Per 100g

No 100g Conversion Available

Cookbook for Hebron High School

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