

Cookbook for HPS University High School

Created by HPS Menu Planner

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Choice of Juice

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-37658
School:	HPS University High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	80.00
Fat	0.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	0.00mg
Carbohydrates	19.00g
Fiber	0.00g
Sugar	18.00g
Protein	0.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 0.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Side Salad

Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37659
School:	HPS University High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE	6 Gallon 1 Quart (100 Cup)		305812
TOMATO 6X6 LRG	1 Gallon 2 Quart 1 Cup (25 Cup)		199001
CUCUMBER SELECT	1 Gallon 2 Quart 1 Cup (25 Cup)		198587

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	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	22.00
Fat	0.15g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.75mg
Carbohydrates	4.75g
Fiber	1.70g
Sugar	2.75g
Protein	1.55g
Vitamin A 402.15IU	Vitamin C 6.90mg
Calcium 24.66mg	Iron 0.56mg

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

Nutrition - Per 100g

No 100g Conversion Available