

Cookbook for Hebron Elementary and Middle School

Created by HPS Menu Planner

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Assorted Variety of Muffins

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49262

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991

Preparation Instructions

Updated 11.4.24

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	187.50
Fat	6.00g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	128.75mg
Carbohydrates	31.25g
Fiber	2.00g
Sugar	16.50g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.00mg	Iron 1.01mg

*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

*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:	Entree
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

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

Hamburger on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49274

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535
BEEF PTY CKD W/SOY CN 2.3Z	1 Each		262364

Preparation Instructions

Beef Patties: Cook according to directions on case.

Assembly: Place 1 beef patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 11.4.24

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	310.00		
Fat	14.00g		
SaturatedFat	5.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	470.00mg		
Carbohydrates	29.00g		
Fiber	3.00g		
Sugar	4.00g		
Protein	17.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cheeseburger on a Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49273

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF PTY CKD W/SOY CN 2.3Z	1 Each		262364
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity or Use GFS#499789	100036
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Beef Patties: Cook according to directions on case.

Assembly: Place 1 beef patty and 1 slice cheese between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 11.4.24

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	350.00		
Fat	16.50g		
SaturatedFat	6.50g		
Trans Fat	0.00g		
Cholesterol	37.50mg		
Sodium	610.00mg		
Carbohydrates	30.00g		
Fiber	3.00g		
Sugar	4.50g		
Protein	20.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	66.00mg	Iron	1.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49276

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Chicken Patties: Cook according to directions on case.

Assembly: Place 1 chicken patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

Updated 8.14.24

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 Each

Amount Per Serving	
Calories	390.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	720.00mg
Carbohydrates	43.00g
Fiber	5.00g
Sugar	5.00g
Protein	20.00g

Vitamin A 0.00IU **Vitamin C** 0.00mg

Calcium 101.00mg **Iron** 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Spicy Chicken Patty on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49275

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY HOTSPCY WGRAIN 3.49Z	1 Each	N/A	327080
BUN,HAMBURGER,WHITE WHEAT	1 Each		51535

Preparation Instructions

Chicken Patties: Cook according to directions on case.

Assembly: Place 1 chicken patty between hamburger bun halves. Hold in warmer/hot unit until ready for service.

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 Each

Amount Per Serving	
Calories	380.00
Fat	15.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	610.00mg
Carbohydrates	43.00g
Fiber	4.00g
Sugar	5.00g
Protein	19.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 96.00mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Ham Salad with Croutons and Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49817
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
TURKEY HAM DCD	1 1/2 Ounce	Weight	202150
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package		745481

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and ham) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	356.58
Fat	14.56g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	42.59mg
Sodium	1213.80mg
Carbohydrates	38.75g
Fiber	2.65g
Sugar	5.75g
Protein	21.67g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 256.66mg	Iron 3.26mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Turkey Salad with Croutons and Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49818
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
TURKEY BRST DCD	2 Ounce	Weight	451300
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package	READY_TO_EAT Ready to Enjoy	745481

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and turkey) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	347.32
Fat	12.56g
SaturatedFat	3.26g
Trans Fat	0.00g
Cholesterol	35.41mg
Sodium	1274.02mg
Carbohydrates	40.28g
Fiber	2.65g
Sugar	5.75g
Protein	23.32g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 256.66mg	Iron 3.08mg

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

Nutrition - Per 100g

No 100g Conversion Available

Diced Chicken Salad with Croutons and Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49819
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE RIBBONS	1 Cup		451730
TOMATO CHERRY US GROWN	1/4 Cup		259604
CUCUMBER SELECT	1/4 Cup		418439
CHIX PULLED WHT DRK BLND	1 1/4 Ounce	Weight	467802
CHEESE AMER SHRD R/F	1/4 Cup	N/A	861950
CROUTON CHS GARL WGRAIN	2 Package	N/A	661022
CRACKER GLDFSH XTRA WGRAIN	1 Package	N/A	745481

Preparation Instructions

Place lettuce in container (GFS#441953) and layer other ingredients (cucumbers, tomato, cheese, and chicken) on top. Place 2 packages of croutons and 1 package of goldfish in container.

Offer dressing on side

Keep refrigerated

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
Fruit	0.000
GreenVeg	0.500
RedVeg	0.250
OtherVeg	0.250
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	351.40
Fat	14.13g
SaturatedFat	3.63g
Trans Fat	0.00g
Cholesterol	42.08mg
Sodium	1023.00mg
Carbohydrates	39.17g
Fiber	2.65g
Sugar	5.75g
Protein	21.32g
Vitamin A 27.30IU	Vitamin C 0.73mg
Calcium 258.74mg	Iron 3.31mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Cheese Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49814
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16IN	1 Each	Note: Keep product frozen at 0°F (-18°C) or below until ready to use. To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature - Thawed pizza crust may be held in the refrigerator for up to five (5) days.	682943
SAUCE PIZZA	1/2 Cup		444545
SAUCE PIZZA	1/2 Cup	N/A	502141
CHEESE MOZZ SHRD	1 Quart	4 cups	645170

Preparation Instructions

1. Remove pizza crust from the freezer and place on pizza screens or pans. Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust
2. Top pizza crust with 1 cups of pizza sauce (mixed equal parts GFS#444545 and GFS#502141 together) and then add 4 cups of mozzarella cheese to the top.
3. Bake--Convection Oven: 375 °F for 6 - 9 minutes
4. After baking, allow pizza to set for 3-4 minutes before cutting.

Updated 8.25.24

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	345.96
Fat	15.59g
SaturatedFat	7.58g
Trans Fat	0.04g
Cholesterol	30.00mg
Sodium	685.00mg
Carbohydrates	30.00g
Fiber	3.31g
Sugar	5.67g
Protein	18.92g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 423.21mg	Iron 1.82mg

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

Nutrition - Per 100g

No 100g Conversion Available

Fruit and Yogurt Parfait

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-49279

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Variety of Fruit	1/2 Cup	Can use a variety of fruit of choice. Any USDA Brown Box Commodity fruit, canned fruit-drained. GFS#630480-Strawberry, GFS#119873 Blueberry, GFS#244620 Four Berry Blend	
YOGURT VAN L/F PARFPR	1 Cup	N/A	811500
CEREAL GRANOLA HNY OATS	2/3 Cup	N/A	818961

Preparation Instructions

Package in parfait cup GFS 773551.

1. Place 1/4 cup of fruit in parfait cup and then 1/2 cup of yogurt. Repeat.
2. Place parfait divider on top of the yogurt.
3. Place 2/3 cup (#6 Disher) of granola in the divider.
4. Place lid on cup.
5. Hold in cooler at 40 F or lower for serving.

Updated 8.25.24

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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 Each

Amount Per Serving	
Calories	556.70
Fat	8.49g
SaturatedFat	1.75g
Trans Fat	0.00g
Cholesterol	7.46mg
Sodium	180.69mg
Carbohydrates	107.70g
Fiber	4.21g
Sugar	59.36g
Protein	13.46g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 268.66mg	Iron 1.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Pop-Tarts (1 Count)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51017

Ingredients

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

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

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Flavored Yogurt

Servings:	2.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51028
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Each	N/A	885750
YOGURT RASPB RNBW L/F	1 Each	N/A	551770

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	75.00
Fat	0.25g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	60.00mg
Carbohydrates	14.50g
Fiber	0.00g
Sugar	9.50g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 120.00mg	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

Egg & Cheese Bagel Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49263

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG SCRMBD PTY RND GRLLD	1 Each		208990
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity or Use GFS#499789	100036
BAGEL WHT WGRAIN 2Z	1 Each		230264

Preparation Instructions

Bagel: Thaw the day or two before. May place in warmer morning of to warm bagel up

Egg Patty: Cook according to directions on case

Assembly: Place 1 egg patty and 1 slice between bagel halves. Hold in warmer/hot unit until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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	235.00		
Fat	7.50g		
SaturatedFat	2.50g		
Trans Fat	0.00g		
Cholesterol	82.50mg		
Sodium	390.00mg		
Carbohydrates	30.00g		
Fiber	4.00g		
Sugar	5.50g		
Protein	12.00g		
Vitamin A	32.73IU	Vitamin C	0.01mg
Calcium	45.00mg	Iron	1.20mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Taco Seasoning with Ground Beef

Servings:	232.00	Category:	Entree
Serving Size:	2.00 ounce weight	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-49798

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD	1 Pint 1 Cup (3 Cup)		195164
SPICE CUMIN GRND	1 Pint 1 Cup (3 Cup)		273945
SPICE PAPRIKA	5 Fluid Ounce	5/8 cup	518331
SPICE GARLIC POWDER	5 Fluid Ounce	5/8 cup	224839
SALT IODIZED	1/3 Cup		125557
Beef, Fine Ground 85/15, Frozen	40 Pound	Thaw	100158
Water	1 Gallon 2 Quart 1/8 Cup (24 1/8 Cup)		Water

Preparation Instructions

1. Mix all spices together.
 2. Brown ground beef and drain.
 3. Sprinkle taco seasoning mix over meat. Stir in water.
 4. Bring to a boil, stirring frequently.
 5. Reduce heat and simmer mixture for 20-30 minutes, stirring occasionally.
- CCP: Heat mixture to 155°F.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
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: 232.00

Serving Size: 2.00 ounce weight

Amount Per Serving			
Calories	168.81		
Fat	12.35g		
SaturatedFat	4.12g		
Trans Fat	2.06g		
Cholesterol	53.53mg		
Sodium	510.46mg		
Carbohydrates	0.00g		
Fiber	0.00g		
Sugar	0.00g		
Protein	14.41g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.99mg

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

Nutrition - Per 100g

No 100g Conversion Available

Homemade Pepperoni Pizza

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Slice	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49813
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRUST PIZZA PARBK WGRAIN 16IN	1 Each	Note: Keep product frozen at 0°F (-18°C) or below until ready to use. To prevent drying, pizza crust must be completely covered with plastic when stored in the freezer, refrigerator or at room temperature - Thawed pizza crust may be held in the refrigerator for up to five (5) days.	682943
SAUCE PIZZA	1/2 Cup	N/A	502141
SAUCE PIZZA	1/2 Cup		444545
CHEESE MOZZ SHRD	1 Quart	4 cups	645170
PEPPERONI SLCD 18-20/Z	32 Slice		730025

Preparation Instructions

1. Remove pizza crust from the freezer and place on pizza screens or pans. Note: Oiled pizza screens or perforated pans will allow for a crispier baked crust
2. Top pizza crust with 1 cups of pizza sauce (mixed equal parts GFS#444545 and GFS#502141 together) and then add 4 cups of mozzarella cheese to the top and then arrange 32 slices of pepperoni on top of pizza.
3. Bake--Convection Oven: 375 °F for 6 - 9 minutes
4. After baking, allow pizza to set for 3-4 minutes before cutting.

Updated 8.25.24

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: 8.00

Serving Size: 1.00 Slice

Amount Per Serving	
Calories	383.29
Fat	19.05g
SaturatedFat	8.64g
Trans Fat	0.04g
Cholesterol	38.00mg
Sodium	807.67mg
Carbohydrates	30.00g
Fiber	3.31g
Sugar	5.67g
Protein	20.52g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 423.21mg	Iron 1.92mg

*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:	85.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49283

Ingredients

Description	Measurement	Prep Instructions	DistPart #
POTATO PRLS XTRA RICH LO SOD	3 Pound 9 Ounce (57 Ounce)	N/A	222585
Tap Water for Recipes	2 Gallon		000001WTR

Preparation Instructions

Boil water in kettle. Pour 2 gallon of boiling water in large mixing bowl. Pour in 1 container potato pearls while stirring with a wire whisk. Allow potatoes to sit for 3-4 minutes before service.

Temp at 145 degrees or above for 15 seconds.

Serve with a #8 disher.

Updated 8.14.24

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: 85.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.44		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.41mg		
Carbohydrates	15.21g		
Fiber	1.52g		
Sugar	0.00g		
Protein	1.52g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	7.60mg	Iron	0.23mg

*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:	142.00	Category:	Condiments or Other
Serving Size:	1.00 Fluid Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49297

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX GRAVY POULTRY LO SOD	1 Pound 6 5/8 Ounce (22 5/8 Ounce)	1 Package	552061
Tap Water for Recipes	1 Gallon	N/A	000001WTR

Preparation Instructions

IN SAUCEPAN HEAT 1 GALLON OF WATER (190-212 DEGREES F). REMOVE FROM HEAT. GRADUALLY ADD FULL PACKAGE OF GRAVY MIX, STIRRING BRISKLY WITH WIRE WHISK. RETURN TO MED-HIGH HEAT. STIR UNTIL GRAVY IS THICKENED AND SMOOTH. SERVE OR HOLD ON STEAM TABLE.

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: 142.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving			
Calories	20.08		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	2.51mg		
Sodium	57.73mg		
Carbohydrates	3.01g		
Fiber	0.00g		
Sugar	0.50g		
Protein	0.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.02mg	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

Sausage Biscuit Sandwich

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-49265

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAUSAGE PTY CHIX CKD 1.36Z	1 Each	N/A	138941
BISCUIT BTRMLK EZ SPLT120-2.25Z PILLS	1 Each	***Non-Whole Grain***	120851

Preparation Instructions

Biscuit: Heat according to directions on case

Sausage Patty: Cook according to directions on case

Assembly: Place 1 sausage patty between split biscuit. Hold in warmer/hot unit until ready for service.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
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	300.00
Fat	14.00g
SaturatedFat	6.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	660.00mg
Carbohydrates	30.00g
Fiber	1.00g
Sugar	3.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 230.00mg	Iron 2.70mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of BeneFit Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-49259

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST BAN CHOC CHNK IW	1 Each		875860

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	280.00
Fat	8.33g
SaturatedFat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	216.67mg
Carbohydrates	47.00g
Fiber	3.33g
Sugar	21.67g
Protein	4.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 26.67mg	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

Glazed Orange Carrots

Servings:	37.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-49305

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	8 Pound	USDA Brown Box Commodity or Use GFS#285750	100352
STARCH CORN	1/2 Cup		318012
Tap Water for Recipes	1 Pint 1 Cup (3 Cup)	N/A	000001WTR
SUGAR BROWN MED	1 Pint	N/A	108626
JUICE ORNG 100 FZ	1 Each		135450
SPICE CINNAMON GRND	3 Teaspoon		224723
BUTTER ALT LIQ	1 1/2 Cup		130541

Preparation Instructions

1. Place carrots into 2 1/2" half steam table pans.
2. Mix water with cornstarch and set aside.
3. For Glaze: Combine orange juice, liquid butter alternative, brown sugar, and cinnamon.
4. Bring glaze mixture to a boil. Pour in cornstarch mixture. Allow to thicken and remove from heat.
5. Pour finished glaze mixture over the carrots in the pan. Bake

Conventional oven: 375°F for 20-30 minutes

Convection oven: 325°F for 15-20 minutes

CCP: Heat to 145° F or higher

CCP: Hold for hot service at 140°F or higher

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: 37.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	161.07		
Fat	10.42g		
SaturatedFat	1.95g		
Trans Fat	0.00g		
Cholesterol	32.17mg		
Sodium	93.32mg		
Carbohydrates	20.29g		
Fiber	2.68g		
Sugar	14.73g		
Protein	0.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.01mg

*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:	2.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-49266

Ingredients

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

Preparation Instructions

Heat and thaw product according to directions on case.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	210.00
Fat	6.50g
SaturatedFat	1.00g
Trans Fat	0.00g
Cholesterol	2.50mg
Sodium	105.00mg
Carbohydrates	36.00g
Fiber	2.00g
Sugar	6.00g
Protein	4.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 20.00mg	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

Chicken Parm with Marinara Sauce

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50848
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN 3.26Z	1 Each	N/A	558061
SAUCE MARINARA A/P	1/2 Cup	N/A	592714
CHEESE MOZZ SHRD	1 Fluid Ounce	2 Tablespoons	645170

Preparation Instructions

Chicken Patty: Bake

Conventional Oven: 8-10 minutes at 400°F from frozen.

Convection Oven: 6-8 minutes at 375°F from frozen.

Marinara Sauce: Heat sauce until reaches 135° F and hold in hot holding until service.

For service: Offer 1/2 cup of pasta with this. Place pasta on bottom and then layer chicken patty, marinara, and top with mozzarella cheese.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
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	335.00
Fat	17.50g
SaturatedFat	4.25g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	940.00mg
Carbohydrates	23.50g
Fiber	5.00g
Sugar	6.50g
Protein	19.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 158.50mg	Iron 3.00mg

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

Nutrition - Per 100g

No 100g Conversion Available

Cooked Rotini Noodles

Servings:	16.00	Category:	Grain
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50849
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTA ROTINI 51 WGRAIN	1 Pound		229951
Tap Water for Recipes	1 Gallon		000001WTR

Preparation Instructions

SIMPLE RULE FOR EACH POUND OF PASTA BRING 1 GALLON OF WATER TO A FULL ROLLING BOIL. GRADUALLY ADD PASTA TO BOILING WATER, STIR GENTLY AND RETURN TO A FULL BOIL. LEAVE THE POT UNCOVERED AND KEEP WATER AT A CONSTANT BOIL. STIR OCCASIONALLY TO PREVENT PASTA FROM STICKING. TASTE THE PASTA TWO MINUTES BEFORE THE RECOMMENDED COOK TIME ELAPSES TO CHECK FOR PREFERRED TENDERNESS. PASTA SHOULD BE FIRM TO THE BITE. DRAIN PASTA IMMEDIATELY. DO NOT RINSE IF SERVING RIGHT AWAY. RECOMMENDED COOK TIME OF 8-10 MINUTES.

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: 16.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	95.00		
Fat	0.50g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.50g		
Fiber	2.00g		
Sugar	1.50g		
Protein	3.50g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	5.00mg	Iron	1.00mg

*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:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50516
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTER ALT LIQ	3/4 Cup		130541
School White Wheat Sandwich Bread	100 Slice	READY_TO_EAT	12385
Land O Lakes® 50% Reduced Fat American Cheese Slices	200 slices		499789

Preparation Instructions

1. Heat the liquid butter alternative in a pot on the stove or in a small pan in the oven to make it thinner to spread/brush.
 2. Brush 1/2 of the liquid butter alternative on each sheet pan.
 3. Place 20 slices of bread on each sheet pan. (5 down and 4 across).
 4. Top each slice of bread with 4 slices of cheese. Cover with remaining bread slices. Lightly brush tops of sandwiches with the remaining liquid butter alternative.
 5. Bake until lightly browned:
Conventional oven: 400 degrees for 15-20 minutes.
Convection oven: 350 degrees for 10-15 minutes.
DO NOT OVERBAKE
- If desired, cut each sandwich diagonally in half.
- CCP: Serve immediately or hot hold for service at 140 degrees Fahrenheit.

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: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	308.80
Fat	13.36g
SaturatedFat	5.72g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	743.20mg
Carbohydrates	34.00g
Fiber	2.00g
Sugar	4.00g
Protein	16.00g
Vitamin A 0.02IU	Vitamin C 0.00mg
Calcium 359.18mg	Iron 1.54mg

*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:	14.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-50517
School:	Hebron Elementary and Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	1 #5 CAN	UNPREPARED Slowly Mix Soup + 1 Can Water. Stove: Heat, Stirring Occasionally.	488232
1 % White Milk	1 Quart 1 Pint 1 Cup (7 Cup)		

Preparation Instructions

EMPTY CONTENTS OF CAN INTO HEATING UTENSIL. GRADUALLY STIR IN 1 CAN MILK. HEAT SLOWLY,STIRRING OCCASIONALLY. DO NOT BOIL. SERVE @ 160-170*.

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: 14.00

Serving Size: 1.00 Cup

Amount Per Serving	
Calories	141.30
Fat	2.26g
SaturatedFat	0.75g
Trans Fat	0.00g
Cholesterol	7.50mg
Sodium	455.64mg
Carbohydrates	23.76g
Fiber	1.01g
Sugar	15.64g
Protein	6.03g
Vitamin A 5.00IU	Vitamin C 1.00mg
Calcium 25.14mg	Iron 0.41mg

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

Nutrition - Per 100g

No 100g Conversion Available
