

Cookbook for Beiriger and Wadsworth Elementary

Created by HPS Menu Planner

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Assorted Variety of Cereal

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	N/A	265811
CEREAL FRSTD FLKS BWL	1 Each		233021
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790

Preparation Instructions

Updated 10.8.24

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.75
Fat	1.30g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	158.75mg
Carbohydrates	23.75g
Fiber	1.76g
Sugar	7.88g
Protein	1.43g
Vitamin A 75.00IU	Vitamin C 0.90mg
Calcium 64.30mg	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

Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43589
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.25 oz Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 oz Grain Equivalents	123081
PASTRY POP-TART WGRAIN BLUEB	1 Package	2.25 oz Grain Equivalents	865101
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 oz Grain Equivalents	452082

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	355.75		
Fat	5.63g		
SaturatedFat	1.83g		
Trans Fat	0.03g		
Cholesterol	0.00mg		
Sodium	305.00mg		
Carbohydrates	74.50g		
Fiber	5.90g		
Sugar	29.75g		
Protein	4.58g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Pop-Tarts® (1 count)

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43590
School:	Beiriger and Wadsworth Elementary		

Ingredients

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

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.167
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

Graham Snack

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43565
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOPY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Each	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM TIGER BITE CHOC	1 Package		123171

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	121.43
Fat	3.93g
SaturatedFat	0.86g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	119.29mg
Carbohydrates	20.29g
Fiber	1.29g
Sugar	7.43g
Protein	1.86g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 17.14mg	Iron 0.93mg

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Nutrition - Per 100g

No 100g Conversion Available

PB&J Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43546
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ STRAWB	1 Each		536012
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ LT IW	2 Each		566413
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

Preparation Instructions

Package together 1 Uncrustable, 1 String cheese and 1 package of Goldfish OR Cheez-its

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.50g
SaturatedFat	6.25g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	640.00mg
Carbohydrates	46.50g
Fiber	4.50g
Sugar	15.00g
Protein	18.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 303.50mg	Iron 1.71mg

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Nutrition - Per 100g

No 100g Conversion Available

Assorted BeneFIT Bars

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51889
School:	Beiriger and Wadsworth Elementary		

Ingredients

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

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

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Nutrition - Per 100g

No 100g Conversion Available

Chef Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43554
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CUCUMBER MINI SDLSS	1/8 Cup		361231
TURKEY HAM DCD	2 Ounce	N/A	202150
CHEESE CHED MLD SHRD 4-5 LOL	1/4 Cup	N/A	150250
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.125
OtherVeg	0.625
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	299.90
Fat	15.87g
SaturatedFat	8.01g
Trans Fat	0.00g
Cholesterol	66.54mg
Sodium	670.11mg
Carbohydrates	18.43g
Fiber	1.95g
Sugar	2.24g
Protein	18.18g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 315.34mg	Iron 1.26mg

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Nutrition - Per 100g

No 100g Conversion Available

Ham and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43547
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box Ham available use GFS#556121 but must use a 3.06 weight then	100187
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	276142

Preparation Instructions

Updated 10.8.24

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 Sandwich

Amount Per Serving	
Calories	270.82
Fat	8.60g
SaturatedFat	3.80g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	785.41mg
Carbohydrates	35.10g
Fiber	2.00g
Sugar	7.05g
Protein	17.75g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.05mg

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Nutrition - Per 100g

No 100g Conversion Available

Turkey and Cheese Sub

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-43551
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Turkey Breast Deli	3 2/11 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box available use GFS#689541 and 3 ounce weight instead	100121
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 slices		499789
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	276142

Preparation Instructions

Updated 10.8.24

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 Sandwich

Amount Per Serving	
Calories	307.00
Fat	8.50g
SaturatedFat	3.75g
Trans Fat	0.00g
Cholesterol	63.50mg
Sodium	848.00mg
Carbohydrates	33.00g
Fiber	2.00g
Sugar	5.00g
Protein	25.50g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 136.00mg	Iron 2.05mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-38566
School:	Beiriger and Wadsworth Elementary		

Ingredients

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

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: 2.00

Serving Size: 1.00 Package

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

Taco Salad

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-50553
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TACO FILLING BEEF REDC FAT 6-5 COMM	3/8 Cup	#10 Disher	722330
LETTUCE AMER BLND MXD	1 Cup		451720
TOMATO GRAPE SWT	1/8 Cup	4 each	129631
CHEESE CHED MLD SHRD 4-5 LOL	1/8 Cup	N/A	150250
Doritos Nacho Cheese Tortilla Chips, Reduced-Fat, Whole Grain	1 Each		456090

Preparation Instructions

Taco Meat: KEEP FROZEN-Place sealed bag in a steamer or in boiling water. Heat Approximately 45 minutes or until product reaches serving temperature. CAUTION: Open bag carefully to avoid being burned.

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	1.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	316.02
Fat	14.60g
SaturatedFat	5.96g
Trans Fat	5.00g
Cholesterol	50.05mg
Sodium	609.60mg
Carbohydrates	28.50g
Fiber	4.98g
Sugar	5.01g
Protein	18.96g
Vitamin A 194.92IU	Vitamin C 3.21mg
Calcium 170.49mg	Iron 2.07mg

*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:	110.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-38570
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Corn, Whole Kernel, Frozen, No Salt added	20 Pound	USDA Brown Box	100348
BUTTER SUB	1 1/4 Cup	1 Package	209810
Tap Water for Recipes	1 Quart	Tap Water	000001WTR
SPICE PEPR BLK CRACKED	1/4 Cup		516856

Preparation Instructions

Cook frozen corn using preferred method and drain off any liquid.

Pour into two full pans that have been sprayed.

Add dry Butter Buds to hot tap water; whisk to reconstitute. Pour over cooked/drained corn and heat to temperature. Hold for serving.

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: 110.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	68.27		
Fat	1.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	11.91mg		
Carbohydrates	16.36g		
Fiber	2.00g		
Sugar	3.00g		
Protein	2.00g		
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

Buttered Toast

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-51790
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	1 Each		266547
BUTTER ALT LIQ NT	1/2 Tablespoon		614640

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	140.00
Fat	8.00g
SaturatedFat	1.25g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	175.00mg
Carbohydrates	16.00g
Fiber	2.00g
Sugar	2.00g
Protein	3.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 30.50mg	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

Fresh Baked Blueberry Muffin

Servings:	1.00	Category:	Entree
Serving Size:	1.00 muffin	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44966
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MIX MUFF BLUEB IMIT	5 Pound	**Non-Whole Grain**	280859

Preparation Instructions

THIS RECIPE IS A PLACEHOLDER AND NEEDS TO BE FINALIZED JSH 1.3.24

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: 1.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	19510.06
Fat	487.75g
SaturatedFat	195.10g
Trans Fat	0.00g
Cholesterol	1463.25mg
Sodium	35118.11mg
Carbohydrates	3316.71g
Fiber	0.00g
Sugar	1755.91g
Protein	195.10g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 1951.01mg	Iron 87.80mg

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

Nutrition - Per 100g

No 100g Conversion Available

Steamed Broccoli

Servings:	2.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-43594
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Broccoli, No salt added, Frozen	1 Cup	USDA Brown Box	110473

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	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	26.00		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	22.00mg		
Carbohydrates	5.00g		
Fiber	3.00g		
Sugar	1.00g		
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

Yogurt Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43555
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	2 Each		566413
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
YOGURT DANIMAL STRAWB BAN N/F	1 Each	N/A	869921
YOGURT RASPB RNBW L/F	1 Each	N/A	551770

Preparation Instructions

Package together 1Yogurt, 1 String cheese and 1 package of Goldfish OR Cheez-its

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	235.00
Fat	6.75g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	420.00mg
Carbohydrates	28.50g
Fiber	0.50g
Sugar	9.50g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 0.71mg

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Nutrition - Per 100g

No 100g Conversion Available