

Cookbook for Knox High School

Created by HPS Menu Planner

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Assorted Cereal

Servings:	10.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22758
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN TOAST R/S BWL	1 Each		365790
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
Lucky Charms Reduced Sugar	1 Each		549485

Preparation Instructions

Updated June 2025

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 10.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		109.12	
Fat		1.70g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		149.96mg	
Carbohydrates		23.00g	
Fiber		2.02g	
Total Sugar		5.40g	
Added Sugar		5.10g	
Protein		2.04g	
Vitamin A	30.00mcg	Vitamin C	0.36mg
Calcium	76.68mg	Iron	5.47mg

Nutrition - Per 100g

No 100g Conversion Available

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	Prep Instructions	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	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		170.00	
Fat		3.00g	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		140.00mg	
Carbohydrates		36.33g	
Fiber		3.00g	
Total Sugar		14.67g	
Added Sugar		14.33g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	130.00mg	Iron	1.80mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	Prep Instructions	DistPart #
MUFFIN DBL CHOC WGRAIN IW	1 Each	READY_TO_EAT Thaw and serve.	262343
MUFFIN BLUEBERRY WGRAIN IW	1 Each	MICROWAVE THAWING DIRECTIONS: Thaw whole shipper overnight. OR: Remove muffins from shipper. Thaw wrapped muffins in single layer at room temperature about 4 hours. MICROWAVE HEATING (1000 WATT HIGH POWER): Remove muffins from packaging. Place muffins on microwave-safe plate. Microwave heat: 20 seconds if frozen; 10 seconds if refrigerated; 5 seconds if thawed. THAW Store frozen until ready to use. Thaw overnight under refrigerations	262370

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 muffin

Amount Per Serving			
Calories		185.00	
Fat		6.50g	
Saturated Fat		1.25g	
Trans Fat		0.05g	
Cholesterol		10.00mg	
Sodium		120.00mg	
Carbohydrates		28.50g	
Fiber		1.50g	
Total Sugar		14.50g	
Added Sugar		14.00g	
Protein		2.50g	
Vitamin A	7.21mcg	Vitamin C	0.03mg
Calcium	6.38mg	Iron	1.03mg

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	Prep Instructions	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		0.40mg	
Carbohydrates		15.00g	
Fiber		0.00g	
Total Sugar		14.00g	
Added Sugar		0.00g	
Protein		0.03g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	7.07mg	Iron	0.33mg

Nutrition - Per 100g

No 100g Conversion Available	
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Variety of Yogurt

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32475
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Each		885750
YOGURT RASPB RNBW L/F	1 Each		551770
YOGURT STRAWB BAN BASH L/F	1 Each		551760

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		76.67	
Fat		0.33g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		3.33mg	
Sodium		61.67mg	
Carbohydrates		14.67g	
Fiber		0.00g	
Total Sugar		9.33g	
Added Sugar		4.67g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	126.67mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available			
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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	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup		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	2.230
Grain	2.333
Fruit	0.000
GreenVeg	1.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving			
Calories		433.83	
Fat		17.63g	
Saturated Fat		7.06g	
Trans Fat		0.00g	
Cholesterol		62.13mg	
Sodium		810.25mg	
Carbohydrates		51.13g	
Fiber		3.33g	
Total Sugar		15.23g	
Added Sugar		13.00g	
Protein		19.81g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	182.33mg	Iron	2.96mg

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	Prep Instructions	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
Beans, Peas, and Lentils	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	
Saturated Fat		8.50g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		630.00mg	
Carbohydrates		48.00g	
Fiber		5.00g	
Total Sugar		16.00g	
Added Sugar		12.00g	
Protein		17.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	341.00mg	Iron	1.72mg

Nutrition - Per 100g

No 100g Conversion Available			
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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	Prep Instructions	DistPart #
TURKEY HAM SLCD	6 Slice	Or use Brown Box Commodity Ham = 2.50 ounce weight of commodity equals 2 Meat/Meat Alternative	556121
CHEESE, AMERICAN, YELLOW, PASTEURIZED, SLICED	1 Each	Brown Box Commodity or GFS#499786	100018
BUN SUB SLCD WGRAIN 5IN	1 Each		276142

Preparation Instructions

Updated 4.15.25

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	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	
Saturated Fat		4.50g	
Trans Fat		0.00g	
Cholesterol		72.50mg	
Sodium		805.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Total Sugar		4.50g	
Added Sugar		4.00g	
Protein		21.50g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.72mg

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	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BUN SUB SLCD WGRAIN 5IN	1 Each	N/A	276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each	USDA Brown Box Commodity	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
Beans, Peas, and Lentils	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	
Saturated Fat		3.00g	
Trans Fat		0.00g	
Cholesterol		52.50mg	
Sodium		700.00mg	
Carbohydrates		30.00g	
Fiber		2.00g	
Total Sugar		4.50g	
Added Sugar		4.00g	
Protein		25.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	56.00mg	Iron	2.40mg

Nutrition - Per 100g

No 100g Conversion Available			
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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	Prep Instructions	DistPart #
CHIX BRST HOTSPCY BRD 3.75Z	1 Each	N/A	525490
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.

Updated June 2025

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		350.00	
Fat		12.00g	
Saturated Fat		2.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		570.00mg	
Carbohydrates		34.00g	
Fiber		4.00g	
Total Sugar		5.00g	
Added Sugar		4.00g	
Protein		24.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	3.00mg

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	Prep Instructions	DistPart #
Carrots fzn	20 Pound		100352
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SUGAR BROWN LT	2 Pound	1 Bag of brown sugar	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
Beans, Peas, and Lentils	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	
Saturated Fat		2.29g	
Trans Fat		0.00g	
Cholesterol		33.99mg	
Sodium		72.74mg	
Carbohydrates		14.21g	
Fiber		2.02g	
Total Sugar		11.19g	
Added Sugar		8.16g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Eggo Bites® Mini Pancakes

Servings:	2.00	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	Prep Instructions	DistPart #
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303
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.

Updated June 2025

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	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	
Saturated Fat		1.00g	
Trans Fat		0.00g	
Cholesterol		7.50mg	
Sodium		255.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Total Sugar		11.50g	
Added Sugar		0.00g	
Protein		4.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	20.00mg	Iron	1.80mg

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	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	3/4 Cup		499989
BERRIES THREE BLEND	1/2 Cup		221020
GRANOLA BAG IW	1 Package	N/A	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.
Updated June 2025

Meal Components (SLE)

Amount Per Serving	
Meat	1.500
Grain	1.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 PARFAIT			
Amount Per Serving			
Calories		289.99	
Fat		4.87g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		5.62mg	
Sodium		187.49mg	
Carbohydrates		53.25g	
Fiber		5.00g	
Total Sugar		26.25g	
Added Sugar		15.00g	
Protein		10.75g	
Vitamin A	179.99mcg	Vitamin C	0.00mg
Calcium	261.49mg	Iron	1.22mg

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	Prep Instructions	DistPart #
Green Beans, Low Sodium Canned	4 #10 CAN		100307
SEASONING GARLIC PEPR	2 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	0.500
Beans, Peas, and Lentils	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	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		168.39mg	
Carbohydrates		4.31g	
Fiber		2.16g	
Total Sugar		2.16g	
Added Sugar		0.00g	
Protein		1.08g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each		785850
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Slice	USDA Brown Box Commodity	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
Beans, Peas, and Lentils	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	
Saturated Fat		5.60g	
Trans Fat		0.60g	
Cholesterol		46.50mg	
Sodium		649.00mg	
Carbohydrates		28.00g	
Fiber		4.00g	
Total Sugar		4.50g	
Added Sugar		3.00g	
Protein		22.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	63.00mg	Iron	4.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	Prep Instructions	DistPart #
CHIX BRST PTY BRD WGRAIN 3.63Z	1 Each	BAKE PREPARATION: Appliances vary, adjust accordingly. Conventional Oven 8 - 10 min. at 400°F from frozen. CONVECTION PREPARATION: Appliances vary, adjust accordingly. Convection Oven 6 - 8 min. at 375°F from frozen.	509728
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.
Updated June 2025

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		390.00	
Fat		15.00g	
Saturated Fat		3.50g	
Trans Fat		0.00g	
Cholesterol		45.00mg	
Sodium		730.00mg	
Carbohydrates		38.00g	
Fiber		4.00g	
Total Sugar		4.00g	
Added Sugar		3.00g	
Protein		22.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	48.00mg	Iron	4.00mg

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	Prep Instructions	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		32.64mg	
Carbohydrates		5.06g	
Fiber		3.04g	
Total Sugar		1.01g	
Added Sugar		0.00g	
Protein		3.04g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	Prep Instructions	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		11.25mg	
Carbohydrates		16.10g	
Fiber		2.01g	
Total Sugar		3.02g	
Added Sugar		0.00g	
Protein		2.01g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted BeneFIT Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32474
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST FREN TST	1 Each		563413

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		238.00	
Fat		7.15g	
Saturated Fat		2.50g	
Trans Fat		0.00g	
Cholesterol		13.75mg	
Sodium		182.50mg	
Carbohydrates		39.95g	
Fiber		2.80g	
Total Sugar		18.35g	
Added Sugar		12.10g	
Protein		4.00g	
Vitamin A	0.00mcg**	Vitamin C	0.00mg**
Calcium	20.00mg**	Iron	1.43mg**

**One or more nutritional components are missing from at least one item on this recipe.

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	Prep Instructions	DistPart #
POTATO PRLS EXCEL	28 Ounce	1 Package	613738
Tap Water for Recipes	17 Cup	Hot water	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
Beans, Peas, and Lentils	0.000
Starch	0.500

Nutrition Facts

Servings Per Recipe: 38.00			
Serving Size: 0.50 Cup			
Amount Per Serving			
Calories		78.34	
Fat		0.87g	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		356.89mg	
Carbohydrates		14.80g	
Fiber		0.87g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		1.74g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	8.70mg	Iron	0.26mg

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	Prep Instructions	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.00g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		133.40mg	
Carbohydrates		3.89g	
Fiber		0.00g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		0.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	Prep Instructions	DistPart #
BEAN REFRD VEGTAR	27 1/11 Ounce	1 Package	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.62g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		682.71mg	
Carbohydrates		28.55g	
Fiber		11.17g	
Total Sugar		0.00g	
Added Sugar		0.00g	
Protein		11.17g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	62.06mg	Iron	2.61mg

Nutrition - Per 100g

No 100g Conversion Available

Meatball Sub

Servings:	50.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32659
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN SUB SLCD WGRAIN 5IN	50 Each		276142
MEATBALL CKD .65Z	200 Each	BAKE KEEP FROZENCONVECTION OVEN: Add frozen meatballs or crumbles to sauce, cover pan and heat in convection oven approximately 30 minutes at 375 degrees F.STOVE TOP: Add frozen meatballs or crumbles to sauce. Simmer in covered pan for approximately 40 minutes at 180-200 degrees F.	785860
SAUCE SPAGHETTI FCY	12 1/2 Cup		852759
CHEESE MOZZ SHRD	6 1/4 Cup		645170

Preparation Instructions

Pull the sub buns out of the freezer and place into the cooler the day before you are going to make the subs.

—
Prepare meatballs as stated on package.

CCP: Heat to 165° F or higher.

Heat spaghetti sauce.

CCP: Heat to 140° F or higher.

—
Fill each Sub Bun with...

4 meatballs

1/4 cup of spaghetti sauce

1/8 cup or 1 fluid ounce of cheese

—
Wrap tray of subs and place in warmer until ready to serve.

CCP: Hold for hot service at 135°F or higher.

Updated June 2025

Meal Components (SLE)

Amount Per Serving

Meat	2.500
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.250
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving			
Calories		384.00	
Fat		15.00g	
Saturated Fat		5.75g	
Trans Fat		0.60g	
Cholesterol		43.50mg	
Sodium		751.00mg	
Carbohydrates		40.50g	
Fiber		3.50g	
Total Sugar		9.50g	
Added Sugar		8.00g	
Protein		21.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.50mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Snack'n Waffle

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54004
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MAPL BUTTERY IW	1 Each		657844
WAFFLE CINN SWT IW	1 Each		651951
Snack'n Waffles Cosmic Confetti Waffles	1 Each		480102

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
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		250.00	
Fat		9.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		37.67mg	
Sodium		290.00mg	
Carbohydrates		37.33g	
Fiber		2.00g	
Total Sugar		15.00g	
Added Sugar		14.00g	
Protein		6.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.33mg	Iron	1.46mg

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	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	48 Slice		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	USDA Commodity Brown Box	100036
BUTTER PRINT SLTD GRD AA	1 Cup	Melted	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
Beans, Peas, and Lentils	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	
Saturated Fat		10.67g	
Trans Fat		0.00g	
Cholesterol		50.00mg	
Sodium		890.00mg	
Carbohydrates		36.00g	
Fiber		4.00g	
Total Sugar		6.00g	
Added Sugar		4.00g	
Protein		18.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	60.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available	
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Tomato Soup

Servings:	26.00	Category:	Vegetable
Serving Size:	1.00 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37304
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	4 #5 CAN	N/A	488232
1% Low Fat White Milk*	4 Carton		13871

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.

Updated June 2025

Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.625
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 26.00			
Serving Size: 1.00 Cup			
Amount Per Serving			
Calories		167.69	
Fat		2.08g	
Saturated Fat		0.23g	
Trans Fat		0.00g	
Cholesterol		2.31mg	
Sodium		678.45mg	
Carbohydrates		32.15g	
Fiber		1.69g	
Total Sugar		18.62g	
Added Sugar		0.00g	
Protein		4.62g	
Vitamin A	21.54mcg	Vitamin C	0.00mg
Calcium	61.54mg	Iron	0.69mg

Nutrition - Per 100g

No 100g Conversion Available	
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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	Prep Instructions	DistPart #
BEEF PTY CKD 2.5Z	1 Each	BAKE FFROM FROZEN (0-10 Degrees): Convection Oven (Preheated to 350 Degrees): Place frozen beef patties flat on a sheet pan lined with parchment paper. Do not overlap or stack patties. Place sheet pan in a 350 degree F preheated oven and set timer for 7-9 minutes. When timers sounds, check for internal temperature of 160 degrees F or higher. Remove from oven. Steamer: Place bag of beef patties in pan. Place pan in steamer and cook for approximately 35-40 minutes until product reaches internal temperature of 160 degrees F. Cook time will depend on amount of product in steamer. For more detailed heating instructions and other methods, please contact JTM.	785850
SAUCE MARINARA A/P	1 Tablespoon	HEAT_AND_SERVE Heat & Serve MIX Heat & Serve READY_TO_DRINK Heat & Serve READY_TO_EAT Heat & Serve UNPREPARED Heat & Serve UNSPECIFIED Heat & Serve	592714
PEPPERONI SLCD 18-20/Z	3 Slice		730025
Cheese, Mozzarella, Part Skim, Shredded	2 Tablespoon		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
Beans, Peas, and Lentils	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	
Saturated Fat		7.40g	
Trans Fat		0.60g	
Cholesterol		57.50mg	
Sodium		734.75mg	
Carbohydrates		28.50g	
Fiber		4.25g	
Total Sugar		5.13g	
Added Sugar		3.00g	
Protein		23.45g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	65.63mg	Iron	4.20mg

Nutrition - Per 100g

No 100g Conversion Available

Sunchips® Harvest Cheddar or Garden Salsa

Servings:	2.00	Category:	Grain
Serving Size:	1.00 Bag	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31521
School:	Knox High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED	1 Package		105260
CHIP GARDEN SALSA	1 Package		696900

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.250
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Bag

Amount Per Serving			
Calories		140.00	
Fat		6.00g	
Saturated Fat		0.50g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		155.00mg	
Carbohydrates		19.00g	
Fiber		2.00g	
Total Sugar		2.00g	
Added Sugar		2.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	10.00mg	Iron	0.60mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Flavor Blue Bunny Ice Cream Cups

Servings:	3.00	Category:	Condiments or Other
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54032
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ICE CRM CUP VAN FLAV	1 Each		359700
ICE CRM CUP STRAWB FLAV	1 Each		359730
ICE CRM CUP CHOC FLAV	1 Each		359720

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		130.00	
Fat		7.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		25.00mg	
Sodium		43.33mg	
Carbohydrates		16.33g	
Fiber		0.00g	
Total Sugar		11.33g	
Added Sugar		8.67g	
Protein		2.00g	
Vitamin A	266.67mcg	Vitamin C	0.00mg
Calcium	80.00mg	Iron	0.24mg

Nutrition - Per 100g

No 100g Conversion Available

RF Doritos

Servings:	3.00	Category:	Grain
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	Prep Instructions	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
Beans, Peas, and Lentils	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	
Saturated Fat		0.67g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		193.33mg	
Carbohydrates		20.00g	
Fiber		2.00g	
Total Sugar		0.67g	
Added Sugar		0.00g	
Protein		2.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	33.33mg	Iron	0.30mg

Nutrition - Per 100g

No 100g Conversion Available			
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