

Cookbook for Somerset Academy: Crave-It

Created by HPS Menu Planner

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Crispy Chicken Tenders

Servings:	150.00	Category:	Entree
Serving Size:	3.00 Tenders	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57033

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX TNR WGRAIN FC	450 Each		283951

Preparation Instructions

PREPARATION: APPLIANCES VARY, ADJUST ACCORDINGLY.

CONVECTION OVEN: 6-8 MINUTES AT 375 DEGREES F FROM FROZEN.

CONVENTIONAL OVEN: 8-10 MINUTES AT 400 DEGREES F FROM FROZEN.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 3.00 Tenders

Amount Per Serving			
Calories	260.00		
Fat	15.00g		
Saturated Fat	2.50g		
Trans Fat	0.00g		
Cholesterol	25.00mg		
Sodium	390.00mg		
Carbohydrates	16.00g		
Fiber	3.00g		
Total Sugar	1.00g		
Added Sugar	1.00g		
Protein	15.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	36.00mg	Iron	2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Breakfast Cereal- Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57058

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each		365790
CEREAL TRIX R/S WGRAIN BWL	1 Package		265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each		270401

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	85.00
Fat	1.75g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.25mg
Carbohydrates	17.50g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.50g
Protein	1.50g
Vitamin A 100.00mcg	Vitamin C 0.00mg
Calcium 65.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available

Pop Tart- Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57060

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Each		695890
PASTRY POP-TART WGRAIN FUDG	1 Each		452062
PASTRY POP-TART WGRAIN BLUEB	1 Each		865131
PASTRY POP-TART WGRAIN CINN	1 Each		695880

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	172.50
Fat	2.63g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	132.50mg
Carbohydrates	36.75g
Fiber	3.00g
Total Sugar	14.50g
Added Sugar	10.75g
Protein	2.00g
Vitamin A 125.00mcg	Vitamin C 0.00mg
Calcium 122.50mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available

Fluffy Mini Pancakes

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57062

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Maple flavored puff pancakes	1 Package		609845
PANCAKE STRAWB PUFF IW 2.59Z	1 Package		609849

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	224.55
Fat	0.00g**
Saturated Fat	1.10g
Trans Fat	0.06g
Cholesterol	0.50mg
Sodium	188.05mg
Carbohydrates	39.00g
Fiber	3.00g
Total Sugar	10.00g
Added Sugar	9.00g
Protein	3.80g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 69.57mg	Iron 1.45mg

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

Nutrition - Per 100g

No 100g Conversion Available

Mini Bagel- Cream Cheese Filled

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57063

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL MINI CINN CRMY CHS IW	1 Each	<p>HEAT_AND_SERVE Heat & Serve: Heat frozen Bagels in ovenable pouch Oven: Preheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below: Convection Oven 8-9 minutes* Conventional Oven 13-14 minutes* Consume within 6 hours of preparing *DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. - Warming Unit: Preheat Warming Unit to 150°F. Heat for 105 minutes. - Microwave: Place one pouch in microwave and heat on HIGH for 30-40 seconds. LET STAND one minute before removing from microwave. CAUTION: Pouch and product can be very hot! Use caution when handling and eating. Thaw & Serve: Thaw at room temperature for 120 minutes prior to serving.</p> <p>READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.</p>	401042
BAGEL MINI STRAWB CRM CHS IW	1 Each	<p>HEAT_AND_SERVE Heat and serve, warm and serve in warming unit or thaw and serve. See the package for full instructions</p> <p>READY_TO_EAT Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.</p>	401034

Preparation Instructions

HEAT_AND_SERVE

Heat and serve, warm and serve in warming unit or thaw and serve. See the package for full instructions

READY_TO_EAT

Heat frozen Bagels in ovenable pouch. Preheat oven to 350 degrees F. Place pouches flat on a baking sheet. Heat in a Convection Oven 8-9 minutes. Heat in a Conventional Oven 13-14 minutes. DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type of load. Consume within 6 hours of

preparing THAW AND SERVE: Thaw at room temperature for 120 minutes prior to serving. WARMING UNIT: Preheat Warming Unit to 150 degrees F. Heat for 105 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Package

Amount Per Serving			
Calories	230.00		
Fat	6.00g		
Saturated Fat	2.00g		
Trans Fat	0.00g		
Cholesterol	10.00mg		
Sodium	190.00mg		
Carbohydrates	42.00g		
Fiber	2.00g		
Total Sugar	13.00g		
Added Sugar	12.00g		
Protein	6.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	30.00mg	Iron	1.60mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Toast Crunch Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57064

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST CINN TST CHS IW	1 Each	HEAT_AND_SERVE Heat frozen Soft Filled Bars in ovenable pouchPreheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below:Convection Oven 8-9 minutes*Conventional Oven 13-14 minutes* MICROWAVE Place one pouch in microwave and heat on HIGH for 30-40 seconds.LET STAND one minute before removing from microwave.CAUTION: Pouch and product can be very hot! Use caution when handling and eating. THAW Thaw and Serve: Thaw at room temperature for 120 minutes prior to serving.Warming Unit: Preheat Warming Unit to 150°F. Heat for 90 minutes.	880415

Preparation Instructions

HEAT_AND_SERVE

Heat frozen Soft Filled Bars in ovenable pouchPreheat oven to 350°F. Place pouches flat on a baking sheet and heat per chart below:Convection Oven | 8-9 minutes*Conventional Oven | 13-14 minutes*

MICROWAVE

Place one pouch in microwave and heat on HIGH for 30-40 seconds.LET STAND one minute before removing from microwave.CAUTION: Pouch and product can be very hot! Use caution when handling and eating.

THAW

Thaw and Serve: Thaw at room temperature for 120 minutes prior to serving.Warming Unit: Preheat Warming Unit to 150°F. Heat for 90 minutes.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	240.00
Fat	6.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	280.00mg
Carbohydrates	41.00g
Fiber	3.00g
Total Sugar	14.00g
Added Sugar	13.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

No 100g Conversion Available

Sausage & Cheddar Kolache

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-57066

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Sausage & Cheddar Kolache	1 Each	CONVECTION Hold product in refrigeration the night before heating. Heat product in Convection Oven at 325 degrees F, reheated for 8-10 minutes, Individually wrapped should hold in heated case.	143911

Preparation Instructions

CONVECTION

Hold product in refrigeration the night before heating.

Heat product in Convection Oven at 325 degrees F, reheated for 8-10 minutes, Individually wrapped should hold in heated case.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	170.00		
Fat	7.00g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	400.00mg		
Carbohydrates	18.00g		
Fiber	0.00g		
Total Sugar	4.00g		
Added Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Cinnamon Roll

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-57067

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Cinnamon Rolls, Frozen, 2.5 Oz Package, 120/case	1 Each	BAKE ring thawed dough to room temperature. Proof dough until it has doubled in size. Bake in a preheated oven until rolls are golden brown. 325 degrees F for convection oven. 375 degrees F for all other types of ovens. Cool slightly and ice with you favorite topping (vanilla icing, cream cheese, etc.)	206314

Preparation Instructions

BAKE

ring thawed dough to room temperature. Proof dough until it has doubled in size. Bake in a preheated oven until rolls are golden brown. 325 degrees F for convection oven. 375 degrees F for all other types of ovens. Cool slightly and ice with you favorite topping (vanilla icing, cream cheese, etc.)

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	270.00		
Fat	5.00g		
Saturated Fat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	290.00mg		
Carbohydrates	50.00g		
Fiber	0.00g		
Total Sugar	11.00g		
Added Sugar	11.00g		
Protein	7.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Pear- Breakfast

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57068

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Markon First Crop 95-110 Count Pears, Fresh, 42 Lb Package, 1/Case	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION	198056

Preparation Instructions

RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Total Sugar	13.00g		
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

Fresh Pear- Lunch

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57069

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Markon First Crop 95-110 Count Pears, Fresh, 42 Lb Package, 1/Case	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION	198056

Preparation Instructions

RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	90.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Total Sugar	13.00g		
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

Fresh Apple- Breakfast

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57070

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Markon First Crop 125 Count Gala Apples, Fresh, 125 Ct Package, 1/Case	1 Each	Rinse whole fruits and vegetables in clean running water prior to using	374125

Preparation Instructions

Rinse whole fruits and vegetables in clean running water prior to using

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.750
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Total Sugar	11.00g		
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

Fresh Apple- Lunch

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57071

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Markon First Crop 125 Count Gala Apples, Fresh, 125 Ct Package, 1/Case	1 Each	Rinse whole fruits and vegetables in clean running water prior to using	374125

Preparation Instructions

Rinse whole fruits and vegetables in clean running water prior to using

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.750
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	60.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	15.00g		
Fiber	3.00g		
Total Sugar	11.00g		
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

Fresh Orange- Breakfast

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57072

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Markon Essentials 100-138 Count Juicer Oranges, Fresh, 40 Lb Carton, 1/Case	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	100955

Preparation Instructions

RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Total Sugar	17.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Orange- Lunch

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57073

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Markon Essentials 100-138 Count Juicer Oranges, Fresh, 40 Lb Carton, 1/Case	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	100955

Preparation Instructions

RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	1.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	80.00		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	21.00g		
Fiber	4.00g		
Total Sugar	17.00g		
Added Sugar	0.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Variety- Breakfast

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57074

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	198056
Markon First Crop 125 Count Gala Apples, Fresh, 125 Ct Package, 1/Case	1 Each	Rinse whole fruits and vegetables in clean running water prior to using	374125
Markon Essentials 100-138 Count Juicer Oranges, Fresh, 40 Lb Carton, 1/Case	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	100955

Preparation Instructions

RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.750
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	76.67		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.33g		
Fiber	4.00g		
Total Sugar	14.67g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.95mg	Iron	0.10mg

Nutrition - Per 100g

No 100g Conversion Available

Fresh Fruit Variety- Lunch

Servings:	3.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57075

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PEAR 95-110CT MRKN	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	198056
Markon First Crop 125 Count Gala Apples, Fresh, 125 Ct Package, 1/Case	1 Each	Rinse whole fruits and vegetables in clean running water prior to using	374125
Markon Essentials 100-138 Count Juicer Oranges, Fresh, 40 Lb Carton, 1/Case	1 Each	RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.	100955

Preparation Instructions

RINSE THOROUGHLY. READY FOR RAW USE OR IN A COOKING APPLICATION.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.750
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	76.67		
Fat	0.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	0.00mg		
Carbohydrates	20.33g		
Fiber	4.00g		
Total Sugar	14.67g		
Added Sugar	0.00g		
Protein	1.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.95mg	Iron	0.10mg

Nutrition - Per 100g

No 100g Conversion Available

Nonfat White Milk- Breakfast

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Carton	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57078
School:	Somerset Academy: Crave-It		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, Fat Free Skim, 1/2 pint	1 1 count		

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Carton

Amount Per Serving	
Calories	80.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	120.00mg
Carbohydrates	12.00g
Fiber	0.00g
Total Sugar	12.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 500.00mcg	Vitamin C 2.40mg
Calcium 300.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Nonfat White Milk- Lunch

Servings:	1.00	Category:	Milk
Serving Size:	1.00 Carton	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57079
School:	Somerset Academy: Crave-It		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Milk, Fat Free Skim, 1/2 pint	1 1 count		

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Carton

Amount Per Serving	
Calories	80.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	120.00mg
Carbohydrates	12.00g
Fiber	0.00g
Total Sugar	12.00g
Added Sugar	0.00g
Protein	8.00g
Vitamin A 500.00mcg	Vitamin C 2.40mg
Calcium 300.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

1% Chocolate Milk- Breakfast

Servings:	1.00	Category:	Milk
Serving Size:	0.50 Pint	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57080
School:	Somerset Academy: Crave-It		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1 % Chocolate Milk	1 Cup		1% Choc

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Pint

Amount Per Serving			
Calories	150.00		
Fat	2.50g		
Saturated Fat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	24.00g		
Fiber	0.00g		
Total Sugar	22.00g		
Added Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available

1% Chocolate Milk- Lunch

Servings:	1.00	Category:	Milk
Serving Size:	0.50 Pint	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57081
School:	Somerset Academy: Crave-It		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
1 % Chocolate Milk	1 Cup		1% Choc

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Pint

Amount Per Serving			
Calories	150.00		
Fat	2.50g		
Saturated Fat	1.50g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	230.00mg		
Carbohydrates	24.00g		
Fiber	0.00g		
Total Sugar	22.00g		
Added Sugar	0.00g		
Protein	8.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

Nutrition - Per 100g

No 100g Conversion Available