

# **Cookbook for Millersburg Elementary**

**Created by HPS Menu Planner**

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## Fruitables Juice Box

# Variety of Pancakes

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-33676
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PANCAKE MINI MAPL IW 72-3.03Z EGGO	1 Package	N/A	284831
PANCAKE MINI CONFET 72-3.03Z EGGO	1 Package	N/A	395303
PANCAKE MINI BLUEB IW	1 Each		498104

## Preparation Instructions

Heat according to manufacture's direction on box

Updated 1.24.25

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	203.33
<b>Fat</b>	6.73g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	35.33g
<b>Fiber</b>	4.67g
<b>Total Sugar</b>	10.33g
<b>Added Sugar</b>	10.33g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 69.67mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 26.67mg	<b>Iron</b> 2.40mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Assorted Flavored Yogurt Cup

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-40126
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT RASPB RNBW L/F	1 Each		551770
YOGURT STRAWB BAN BASH L/F	1 Each		551760
YOGURT CHERRY TRPL L/F	1 Each		186911
YOGURT DANIMAL STRAWB N/F	1 Each		885750

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	77.50
<b>Fat</b>	0.38g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.75mg
<b>Sodium</b>	62.50mg
<b>Carbohydrates</b>	14.75g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	9.25g
<b>Added Sugar</b>	4.75g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	273.37
<b>Fat</b>	1.32g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.23mg
<b>Sodium</b>	220.46mg
<b>Carbohydrates</b>	52.03g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	32.63g
<b>Added Sugar</b>	16.75g
<b>Protein</b>	14.11g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 458.55mg	<b>Iron</b> 0.00mg

# 100% Fruit Juice

<b>Servings:</b>	3.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9689

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE GRP 100% FZ	1 Each		135460
JUICE CUP APPL 100% FZ	1 Each		604559
JUICE CUP ORNG 100%	1 Each		604556

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	66.67
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	6.67mg
<b>Carbohydrates</b>	15.67g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	14.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 3.33mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Cereal-Lower Sugar (1 Ounce)

<b>Servings:</b>	9.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-53797
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	READY_TO_EAT Ready to eat	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL CINN TOAST R/S BWL	1 Each	N/A	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
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RAISIN BRAN BWL	1 Each		247197
Lucky Charms Reduced Sugar	1 Each		549485

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

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

## Nutrition Facts

Servings Per Recipe: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	193.93
<b>Fat</b>	2.07g
<b>Saturated Fat</b>	0.24g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	292.32mg
<b>Carbohydrates</b>	41.22g
<b>Fiber</b>	4.02g
<b>Total Sugar</b>	10.33g
<b>Added Sugar</b>	9.11g
<b>Protein</b>	4.30g
<b>Vitamin A</b> 77.78mcg RAE**	<b>Vitamin C</b> 0.40mg**
<b>Calcium</b> 136.66mg	<b>Iron</b> 7.85mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Assorted Cereal Bars

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31141
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL TRIX WGRAIN	1 Each	READY_TO_EAT Ready to eat cereal bars	268690
BAR CEREAL COCOPUFF WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265901
BAR CEREAL CINN TST WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265891

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	156.67
<b>Fat</b>	3.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	115.00mg
<b>Carbohydrates</b>	29.33g
<b>Fiber</b>	2.67g
<b>Total Sugar</b>	9.00g
<b>Added Sugar</b>	8.00g
<b>Protein</b>	2.33g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.67mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 1.90mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Assorted 1 Count Pop Tarts

<b>Servings:</b>	3.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-31140
<b>School:</b>	Millersburg Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	170.00
<b>Fat</b>	2.67g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	116.67mg
<b>Carbohydrates</b>	36.33g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	14.33g
<b>Added Sugar</b>	14.33g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 130.00mg	<b>Iron</b> 1.80mg

### Nutrition - Per 100g

No 100g Conversion Available

# Broccoli with Cheese

<b>Servings:</b>	164.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-20352
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BROCCOLI CUTS IQF	30 Pound	BAKE	285590
SAUCE CHS CHED SHRP	1 #10 CAN		150991

## Preparation Instructions

Fill a 4" pan full of frozen broccoli and steam it for 20 minutes or until it reaches temp. Drain the water from the pan and put cheddar cheese over it to coat. Usually about 1/2 of a 10# can.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.006
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.439
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	36.72
<b>Fat</b>	1.58g
<b>Saturated Fat</b>	0.32g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	179.12mg
<b>Carbohydrates</b>	5.13g
<b>Fiber</b>	1.76g
<b>Total Sugar</b>	1.53g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.07g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 37.52mg	<b>Iron</b> 0.59mg

## Nutrition - Per 100g

<b>Calories</b>	44.26
<b>Fat</b>	1.90g
<b>Saturated Fat</b>	0.38g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	215.91mg
<b>Carbohydrates</b>	6.19g
<b>Fiber</b>	2.12g
<b>Total Sugar</b>	1.85g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	2.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 45.23mg	<b>Iron</b> 0.71mg

# Mixed Fruit Gelatin

<b>Servings:</b>	108.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58522
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mixed Fruit, Extra Light Syrup, Canned	6 #10 CAN	USDA Brown Box Commodity	100212
Tap Water for Recipes	4 Quart	Follow gelatin directions for specific amounts of water.	000001WTR
GELATIN MIX ASST RED	1 1/2 Pound		500135

## Preparation Instructions

1. Drain canned mixed fruit, reserving juice for Step 2.
2. Add water to juice to equal liquid required for gelatin and bring to a boil.
3. Pour hot liquid over gelatin. Stir until dissolved.
4. Add remaining cold water amount according to directions gelatin to hot liquid.
5. Spoon 1/2 cup of fruit in to individual serving cups. Pour gelatin over fruit. Chill
6. Cover and place in refrigerator to congeal.

### NOTES:

Any flavor gelatin may be used.

A variety of fruits may be used. (Do not use fresh pineapple, kiwi, mango, or guava. Gelatin will not set.)

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	96.33
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	11.35mg
<b>Carbohydrates</b>	24.40g
<b>Fiber</b>	1.44g
<b>Total Sugar</b>	20.09g
<b>Added Sugar</b>	7.16g
<b>Protein</b>	0.08g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.08mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	1529.11
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	180.24mg
<b>Carbohydrates</b>	387.32g
<b>Fiber</b>	22.81g
<b>Total Sugar</b>	318.89g
<b>Added Sugar</b>	113.60g
<b>Protein</b>	1.32g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1.32mg	<b>Iron</b> 0.00mg

# BBQ Pork on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34046
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PORK SHRDD BBQ 6-5 JTM	4 Ounce		366320
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	348.00
<b>Fat</b>	8.20g
<b>Saturated Fat</b>	2.60g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	44.00mg
<b>Sodium</b>	479.90mg
<b>Carbohydrates</b>	43.00g
<b>Fiber</b>	4.40g
<b>Total Sugar</b>	20.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	21.80g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 60.00mg	<b>Iron</b> 2.00mg

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

## Nutrition - Per 100g

<b>Calories</b>	306.88
<b>Fat</b>	7.23g
<b>Saturated Fat</b>	2.29g
<b>Trans Fat</b>	0.04g
<b>Cholesterol</b>	38.80mg
<b>Sodium</b>	423.19mg
<b>Carbohydrates</b>	37.92g
<b>Fiber</b>	3.88g
<b>Total Sugar</b>	17.64g
<b>Added Sugar</b>	2.65g
<b>Protein</b>	19.22g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 52.91mg	<b>Iron</b> 1.76mg

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

# Whole Fruit Cup

<b>Servings:</b>	2.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31218
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOVELTY FZ ORG/PNAP/CHRY	1 Each		602402
NOVELTY FZ CUP JCE BRY/LEM	1 Each		532420

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	70.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	7.50mg
<b>Carbohydrates</b>	18.50g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	15.50g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 250.00mcg RAE	<b>Vitamin C</b> 30.00mg
<b>Calcium</b> 80.00mg	<b>Iron</b> 0.36mg

### Nutrition - Per 100g

No 100g Conversion Available

# Veggie Dip

<b>Servings:</b>	256.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	2.00 TBSP.	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-24071

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MAYONNAISE LT	1 Gallon		429406
SOUR CREAM	5 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
Tap Water for Recipes	1/2 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH	2 Package		473308

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

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

### Nutrition Facts

Servings Per Recipe: 256.00

Serving Size: 2.00 TBSP.

Amount Per Serving	
<b>Calories</b>	42.14
<b>Fat</b>	2.43g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.71mg
<b>Sodium</b>	164.26mg
<b>Carbohydrates</b>	4.57g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	1.57g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.29g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.31mg	<b>Iron</b> 0.02mg

## Nutrition - Per 100g

<b>Calories</b>	475.66
<b>Fat</b>	27.42g
<b>Saturated Fat</b>	11.30g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	177.35mg
<b>Sodium</b>	1853.93mg
<b>Carbohydrates</b>	51.56g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	17.73g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	3.23g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 184.14mg	<b>Iron</b> 0.23mg

# Green Beans with bacon

<b>Servings:</b>	96.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-34040
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN GREEN CUT FNCY 4SV	4 #10 CAN		118737
BUTTER PRINT UNSLTD GRD AA	1/2 Pound		299405
SPICE PEPR BLK REG FINE GRIND	1 1/2 Tablespoon		225037
BACON TOPPING CKD 1/2IN DCD	1 Cup		814781

## Preparation Instructions

Place drained green beans in a 4 inch pan. Steam for 30 minutes. Make sure that temperature is to 155 degrees. Add butter, pepper and bacon to vegetables once reached temperature and place in hot hold until ready for service.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	42.39
<b>Fat</b>	2.08g
<b>Saturated Fat</b>	1.25g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	5.83mg
<b>Sodium</b>	169.22mg
<b>Carbohydrates</b>	4.31g
<b>Fiber</b>	2.16g
<b>Total Sugar</b>	2.16g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 3.23mg
<b>Calcium</b> 32.83mg	<b>Iron</b> 0.43mg

## Nutrition - Per 100g

<b>Calories</b>	1796.13
<b>Fat</b>	88.28g
<b>Saturated Fat</b>	52.97g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	247.18mg
<b>Sodium</b>	7170.40mg
<b>Carbohydrates</b>	182.67g
<b>Fiber</b>	91.34g
<b>Total Sugar</b>	91.34g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	66.85g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 137.00mg
<b>Calcium</b> 1391.24mg	<b>Iron</b> 18.27mg

# Hot Dog on Bun

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37229
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
FRANKS BEEF 6/#	1 Each		330043
BUN HOT DOG SLCD 5.75"	1 Each	Non-Whole Grain	763225

## Preparation Instructions

Follow the baking instructions on the box.

After baking, make sandwiches and double in a bun pan one layer at a time.

24 sandwiches on a layer.

48 in a bun pan total.

Foil and put in a hot hold.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	1.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	340.00
<b>Fat</b>	23.50g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	1.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	850.00mg
<b>Carbohydrates</b>	22.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 51.85mg	<b>Iron</b> 2.02mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Yogurt Parfait Side

<b>Servings:</b>	1.00	<b>Category:</b>	Fruit
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27105
<b>School:</b>	Millersburg Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	1/2 Cup		499989
Blueberries, Frozen	1/4 Cup	THAW Thaw and use	110624
Strawberries, Sliced, IQF	1/4 Cup		110860
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	2 Tablespoon		569744

## Preparation Instructions

Layer each ingredient into a parfait cup.

### Meal Components

Amount Per Serving

Amount Per Serving	
<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	0.250
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	163.54
<b>Fat</b>	2.11g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.73mg
<b>Sodium</b>	103.34mg
<b>Carbohydrates</b>	32.28g
<b>Fiber</b>	2.74g
<b>Total Sugar</b>	17.37g
<b>Added Sugar</b>	7.71g
<b>Protein</b>	5.78g
<b>Vitamin A</b> 119.40mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 164.18mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	1329.61
<b>Fat</b>	17.19g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	30.34mg
<b>Sodium</b>	840.14mg
<b>Carbohydrates</b>	262.45g
<b>Fiber</b>	22.24g
<b>Total Sugar</b>	141.20g
<b>Added Sugar</b>	62.65g
<b>Protein</b>	46.99g
<b>Vitamin A</b> 970.76mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 1334.79mg	<b>Iron</b> 0.00mg

# Fruitables Juice Box

<b>Servings:</b>	2.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-27774
<b>School:</b>	Benton Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE FRUITABLES PLUS PNCH 40-4.23FLZ	1 Each		604802
JUICE FRUITABLES PLUS TROP 40-4.23FLZ	1 Each		272122

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	60.00
<b>Fat</b>	0.00g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	15.00mg
<b>Carbohydrates</b>	14.00g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	12.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 500.00mcg RAE	<b>Vitamin C</b> 60.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available