

Cookbook for Millersburg Elementary

Created by HPS Menu Planner

Table of Contents

Variety of Pancakes

Assorted Flavored Yogurt Cup

100% Fruit Juice

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Assorted Cereal Bars

Assorted 1 Count Pop Tarts

Broccoli with Cheese

Mixed Fruit Gelatin

BBQ Pork on Bun

Whole Fruit Cup

Veggie Dip

Green Beans with bacon

Hot Dog on Bun

Yogurt Parfait Side

Fruitables Juice Box

Variety of Pancakes

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-33676
School:	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

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: 3.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted Flavored Yogurt Cup

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40126
School:	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

Meat/Meat Alternate	1.000
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: 4.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

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

100% Fruit Juice

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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
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	66.67
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	6.67mg
Carbohydrates	15.67g
Fiber	0.00g
Total Sugar	14.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3.33mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	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

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	134.36
Fat	2.18g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	182.73mg
Carbohydrates	28.56g
Fiber	2.79g
Total Sugar	6.78g
Added Sugar	5.67g
Protein	3.47g
Vitamin A 77.78mcg RAE	Vitamin C 0.40mg
Calcium 111.06mg	Iron 7.04mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Cereal Bars

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31141
School:	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

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: 3.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Assorted 1 Count Pop Tarts

Servings:	3.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31140
School:	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

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: 3.00

Serving Size: 1.00 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Broccoli with Cheese

Servings:	164.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-20352
School:	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

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

Nutrition Facts

Servings Per Recipe: 164.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Mixed Fruit Gelatin

Servings:	108.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58522
School:	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

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

Nutrition Facts

Servings Per Recipe: 108.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

BBQ Pork on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-34046
School:	Millersburg Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Pulled Pork	4 Ounce	USDA Brown Box Commodity---Thaw---weight	110730*
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	1 Each		266546

Preparation Instructions

Updated 5.4.2026

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
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	334.00
Fat	12.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	72.00mg
Sodium	644.00mg
Carbohydrates	25.00g
Fiber	3.00g
Total Sugar	4.00g
Added Sugar	3.00g
Protein	27.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 30.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	294.53
Fat	10.58g
Saturated Fat	3.97g
Trans Fat	0.00g
Cholesterol	63.49mg
Sodium	567.90mg
Carbohydrates	22.05g
Fiber	2.65g
Total Sugar	3.53g
Added Sugar	2.65g
Protein	23.81g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 26.46mg	Iron 1.76mg

Whole Fruit Cup

Servings:	2.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31218
School:	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

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.500
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 Each

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

Nutrition - Per 100g

No 100g Conversion Available

Veggie Dip

Servings:	256.00	Category:	Condiments or Other
Serving Size:	2.00 TBSP.	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	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

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: 256.00

Serving Size: 2.00 TBSP.

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

Nutrition - Per 100g

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

Green Beans with bacon

Servings:	96.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-34040
School:	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

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

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

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

Nutrition - Per 100g

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

Hot Dog on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-37229
School:	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

Meat/Meat Alternate	2.500
Grain	1.500
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	340.00
Fat	23.50g
Saturated Fat	8.00g
Trans Fat	1.00g
Cholesterol	50.00mg
Sodium	850.00mg
Carbohydrates	22.00g
Fiber	1.00g
Total Sugar	2.00g
Added Sugar	2.00g
Protein	11.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 51.85mg	Iron 2.02mg

Nutrition - Per 100g

No 100g Conversion Available

Yogurt Parfait Side

Servings:	1.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-27105
School:	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	
Meat/Meat Alternate	1.000
Grain	0.250
Fruit	0.500
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	163.54
Fat	2.11g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	3.73mg
Sodium	103.34mg
Carbohydrates	32.28g
Fiber	2.74g
Total Sugar	17.37g
Added Sugar	7.71g
Protein	5.78g
Vitamin A 119.40mcg RAE	Vitamin C 0.00mg
Calcium 164.18mg	Iron 0.00mg

Nutrition - Per 100g

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

Fruitables Juice Box

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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX PARADS PNCH	1 Each	Counts as Other subgroup	698261
JUICE SUN SPLASH 100% VEG	1 Each	Counts as Red/Orange subgroup	214513

Preparation Instructions

Updated 5.4.2026

Meal Components

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 2.00

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	7.50mg
Carbohydrates	14.50g
Fiber	0.00g
Total Sugar	13.00g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 5.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available