

Cookbook for Knox Elementary

Created by HPS Menu Planner

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Variety of Frozen Fruit Cups

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-34544
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apricots Cups SLCD FZ 96-4.5Z	1 Each	USDA Commodity Brown Box	100261
Peaches, diced, cups, Frozen	1 Each	USDA Commodity Brown Box	100241
STRAWBERRIES, DICED, CUPS, FROZEN	1 Each	USDA Commodity Brown Box	100256
Mixed Berry Frz Cup- 96/4.5 oz.- Graves County Schools	1 Each	USDA Commodity Brown Box	110859

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	96.25
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1.50mg
Carbohydrates	23.50g
Fiber	2.00g
Total Sugar	19.50g
Added Sugar	0.00g
Protein	0.50g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Muffin

Servings:	8.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43640
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BLUEBERRY IW	1 Each		273442
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362

Preparation Instructions

Updated 5.7.26

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: 8.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	185.00
Fat	6.19g
Saturated Fat	1.56g
Trans Fat	0.03g
Cholesterol	23.75mg
Sodium	122.50mg
Carbohydrates	29.88g
Fiber	1.63g
Total Sugar	15.50g
Added Sugar	14.75g
Protein	2.75g
Vitamin A 1.80mcg RAE	Vitamin C 0.01mg
Calcium 21.00mg	Iron 0.99mg

Nutrition - Per 100g

No 100g Conversion Available

Variety of Juice Box

Servings:	5.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-36706
School:	Knox Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE BOX VERY BERRY 100%	1 Each		581195
JUICE BOX APPL 100%	1 Each		581193
JUICE BOX GRP 100%	1 Each		604557
JUICE BOX ORNG TANGR 100%	1 Each		698251
JUICE BOX FRT PNCH 100%	1 Each		604558

Preparation Instructions

Note: All juices listed have Buy American Guarantee Statement as of January 1, 2026

Updated 5.7.2026

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	64.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	8.00mg
Carbohydrates	16.20g
Fiber	0.00g
Total Sugar	14.80g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 9.60mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Uncrustable (2.6 ounce)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57146
School:	Knox Head Start		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
Smucker's Wheat Peanut Butter & Honey Uncrustable Sandwiches 2.6 oz	1 Each		543449
SAND UNCRUST PB&J STRAWB	1 Each		536012
Smucker's Wheat Peanut Butter & Chocolate Uncrustable Sandwiches	1 Each		573792

Preparation Instructions

No Preparation Instructions available.

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	300.00
Fat	12.00g**
Saturated Fat	3.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.00mg
Carbohydrates	32.00g
Fiber	4.00g
Total Sugar	14.00g
Added Sugar	12.00g
Protein	9.00g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 45.00mg	Iron 1.03mg

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

Nutrition - Per 100g

No 100g Conversion Available

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 5"	1 Each		276142

Preparation Instructions

Updated 4.15.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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	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 RAE	Vitamin C 0.00mg
Calcium 56.00mg	Iron 2.72mg

Nutrition - Per 100g

Calories	312.10
Fat	11.89g
Saturated Fat	4.46g
Trans Fat	0.00g
Cholesterol	71.83mg
Sodium	797.58mg
Carbohydrates	29.72g
Fiber	1.98g
Total Sugar	4.46g
Added Sugar	3.96g
Protein	21.30g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 55.48mg	Iron 2.69mg

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

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	0.500
Starchy	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 RAE	Vitamin C 0.00mg
Calcium 62.06mg	Iron 2.61mg

Nutrition - Per 100g

Calories	362.04
Fat	3.88g
Saturated Fat	1.29g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1422.32mg
Carbohydrates	59.48g
Fiber	23.27g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	23.27g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 129.30mg	Iron 5.43mg

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

Amount Per Serving

Meat/Meat Alternate	0.000
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: 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	170.00mg
Carbohydrates	19.67g
Fiber	2.33g
Total Sugar	0.33g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.00mg	Iron 0.30mg

Nutrition - Per 100g

Calories	1375.66
Fat	52.91g
Saturated Fat	7.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1798.94mg
Carbohydrates	208.11g
Fiber	24.69g
Total Sugar	3.53g
Added Sugar	0.00g
Protein	21.16g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 423.28mg	Iron 3.17mg

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

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	0.500

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 RAE	Vitamin C 0.00mg
Calcium 8.70mg	Iron 0.26mg

Nutrition - Per 100g

Calories	375.02
Fat	4.17g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	1708.41mg
Carbohydrates	70.84g
Fiber	4.17g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	8.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 41.67mg	Iron 1.25mg

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

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: 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 RAE	Vitamin C 0.00mg
Calcium 0.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

Assorted Variety of Pop-Tarts (1 Count)

Servings:	3.00	Category:	Grain
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 Each	Credits as 1.25 Grain equivalents	695880
PASTRY POP-TART WGRAIN STRAWB	1 Each	Credits as 1.00 Grain equivalents	695890
PASTRY POP-TART WGRAIN FUDG	1 Each	Credits as 1.25 Grain equivalents	452062

Preparation Instructions

Updated 5.7.2026

Meal Components

Amount Per Serving

	Amount
Meat/Meat Alternate	0.000
Grain	1.250
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

Eggo Bites® Mini Pancakes

Servings:	3.00	Category:	Entree
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
PANCAKE MINI BLUEB IW	1 Package		498104

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 5.7.2026

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	1.67mg
Sodium	210.00mg
Carbohydrates	35.67g
Fiber	4.67g
Total Sugar	11.00g
Added Sugar	7.00g
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