

Cookbook for Beiriger and Wadsworth Elementary

Created by HPS Menu Planner

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100% Fruit Juice Boxes

PB&J Pack

Yogurt Pack

Ham and Cheese on Bun

100% Fruit Juice Boxes

Servings:	4.00	Category:	Fruit
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-58562
School:	Beiriger and Wadsworth Elementary		

Ingredients

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

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	65.00
Fat	0.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	7.50mg
Carbohydrates	16.50g
Fiber	0.00g
Total Sugar	15.25g
Added Sugar	0.00g
Protein	0.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 12.00mg	Iron 0.00mg

Nutrition - Per 100g

No 100g Conversion Available

PB&J Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43546
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
CHEESE STRING MOZZ LT IW	2 Each		786801

Preparation Instructions

Package together 1 Uncrustable, 1 String cheese and 1 package of Goldfish OR Cheez-its

Updated 8.13.25

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.00g
Saturated Fat	5.75g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	630.00mg
Carbohydrates	47.00g
Fiber	4.50g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	18.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 303.50mg	Iron 1.71mg

Nutrition - Per 100g

Calories	4327.38
Fat	206.96g
Saturated Fat	54.09g
Trans Fat	0.00g
Cholesterol	94.07mg
Sodium	5926.62mg
Carbohydrates	442.15g
Fiber	42.33g
Total Sugar	150.52g
Added Sugar	117.59g
Protein	169.33g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 2855.13mg	Iron 16.09mg

Yogurt Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43555
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	2 Each		786801
SNACK MIX STRAWB YOG WGRAIN	2 Package	N/A	266020
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
YOGURT DANIMAL STRAWB BAN N/F	1 Each	N/A	869921
YOGURT RASPB RNBW L/F	1 Each	N/A	551770

Preparation Instructions

Package together 1Yogurt, 1 String cheese and 1 package of Goldfish OR Cheez-its, and 1 package of Strawberry Yogurt Chex

Updated 8.13.25

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.250
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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	365.00
Fat	9.25g
Saturated Fat	3.25g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	475.00mg
Carbohydrates	52.50g
Fiber	2.50g
Total Sugar	16.50g
Added Sugar	10.00g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 380.00mg	Iron 1.41mg

Nutrition - Per 100g

Calories	3433.68
Fat	87.02g
Saturated Fat	30.57g
Trans Fat	0.00g
Cholesterol	117.59mg
Sodium	4468.49mg
Carbohydrates	493.89g
Fiber	23.52g
Total Sugar	155.22g
Added Sugar	94.07g
Protein	141.11g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 3574.79mg	Iron 13.26mg

Ham and Cheese on Bun

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Sandwich	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-58564
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Ham, 97% Fat Free, Cooked , Water Added, Sliced	2 1/2 Ounce	Thaw Weight USDA Brown Box If no USDA Brown Box Ham available use GFS#556121 but must use a 3.06 weight then	100187
Land O Lakes® 50% Reduced Fat American Cheese Slices	1 Slice		499789
BUN HAMB WGRAIN 3.5 10-12CT GCHC	1 Each		266545

Preparation Instructions

No Preparation Instructions available.

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 Sandwich

Amount Per Serving	
Calories	220.82
Fat	7.60g
Saturated Fat	3.30g
Trans Fat	0.00g
Cholesterol	44.39mg
Sodium	865.41mg
Carbohydrates	25.10g
Fiber	2.00g
Total Sugar	6.05g
Added Sugar	0.00g
Protein	16.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 105.00mg	Iron 1.05mg

Nutrition - Per 100g

Calories	311.58
Fat	10.72g
Saturated Fat	4.66g
Trans Fat	0.00g
Cholesterol	62.63mg
Sodium	1221.12mg
Carbohydrates	35.41g
Fiber	2.82g
Total Sugar	8.54g
Added Sugar	0.00g
Protein	23.63g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 148.16mg	Iron 1.48mg