

# **Cookbook for Beiriger and Wadsworth Elementary**

**Created by HPS Menu Planner**

# Table of Contents

**100% Fruit Juice Boxes**

**PB&J Pack**

**Yogurt Pack**

# 100% Fruit Juice Boxes

<b>Servings:</b>	4.00	<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-58562
<b>School:</b>	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

<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	65.00
<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>	16.50g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	15.25g
<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> 12.00mg	<b>Iron</b> 0.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# PB&J Pack

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43546
<b>School:</b>	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

<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: 2.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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

# Yogurt Pack

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-43555
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.250
<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: 2.00

Serving Size: 1.00 Each

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

## Nutrition - Per 100g

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