

# **Cookbook for Knox Elementary**

**Created by HPS Menu Planner**

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# Assorted Cereal

<b>Servings:</b>	10.00	<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-22758
<b>School:</b>	Knox Middle School		

## Ingredients

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

## Preparation Instructions

Updated June 2025

## 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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	109.92
<b>Fat</b>	1.81g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	152.46mg
<b>Carbohydrates</b>	22.90g
<b>Fiber</b>	2.11g
<b>Total Sugar</b>	5.10g
<b>Added Sugar</b>	5.10g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 70.00mcg RAE**	<b>Vitamin C</b> 0.36mg**
<b>Calcium</b> 72.24mg	<b>Iron</b> 5.30mg

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

## Nutrition - Per 100g

No 100g Conversion Available

# Variety of Juice Box

<b>Servings:</b>	5.00	<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-36706
<b>School:</b>	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

<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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	64.00
<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>	8.00mg
<b>Carbohydrates</b>	16.20g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	14.80g
<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> 9.60mg	<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

# Uncrustable, String Cheese, & Goldfish

<b>Servings:</b>	1.00	<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-22761
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each		786580
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

Component	Amount
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	
<b>Calories</b>	480.00
<b>Fat</b>	25.50g
<b>Saturated Fat</b>	8.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	20.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	48.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	16.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	17.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 261.00mg	<b>Iron</b> 1.70mg

### Nutrition - Per 100g

No 100g Conversion Available

# Ham Chef Salad

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 salad	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-28742
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE BLND ROMAINE MXD	2 Cup	2 cups	755826
Cheese, Cheddar Reduced fat, Shredded	1 Ounce	1/4 cup or 1 ounce weight USDA Brown Box or use GFS#150250	100012
Ham, Cubed Frozen	1 1/4 Ounce	Weight USDA Brown Box	100188-H
CROUTON CHS GARL WGRAIN	1 Package	READY_TO_EAT Ready to use.	661022
MUFFIN BLUEBERRY IW	1 Each		273442
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

## Preparation Instructions

1. Cheese and ham put into individual portion cups.
2. Lettuce placed in clamshell with ham cup, cheese cup, and 1 package of croutons.  
CCP: To be held at 41°F or below.
3. Salad should be served with muffin and goldfish cracker on the side.

Updated 10.27.23

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.500
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	1.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 salad

Amount Per Serving	
<b>Calories</b>	452.91
<b>Fat</b>	18.05g
<b>Saturated Fat</b>	6.02g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	58.44mg
<b>Sodium</b>	882.70mg
<b>Carbohydrates</b>	55.05g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	16.02g
<b>Added Sugar</b>	14.00g
<b>Protein</b>	20.12g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 78.00mg	<b>Iron</b> 3.70mg

## Nutrition - Per 100g

<b>Calories</b>	710.00
<b>Fat</b>	28.29g
<b>Saturated Fat</b>	9.44g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	91.62mg
<b>Sodium</b>	1383.77mg
<b>Carbohydrates</b>	86.30g
<b>Fiber</b>	3.14g
<b>Total Sugar</b>	25.12g
<b>Added Sugar</b>	21.95g
<b>Protein</b>	31.55g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 122.28mg	<b>Iron</b> 5.80mg

# Mashed Potatoes

<b>Servings:</b>	38.00	<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-31350
<b>School:</b>	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

<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>	0.500

### Nutrition Facts

Servings Per Recipe: 38.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	78.34
<b>Fat</b>	0.87g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	356.89mg
<b>Carbohydrates</b>	14.80g
<b>Fiber</b>	0.87g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.74g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 8.70mg	<b>Iron</b> 0.26mg

## Nutrition - Per 100g

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

# Refried Beans

<b>Servings:</b>	16.00	<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-38820
<b>School:</b>	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

<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>	0.500
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 16.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	173.78
<b>Fat</b>	1.86g
<b>Saturated Fat</b>	0.62g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	682.71mg
<b>Carbohydrates</b>	28.55g
<b>Fiber</b>	11.17g
<b>Total Sugar</b>	0.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	11.17g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 62.06mg	<b>Iron</b> 2.61mg

## Nutrition - Per 100g

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

# Sunchips® Harvest Cheddar or Garden Salsa

<b>Servings:</b>	2.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Bag	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-31521
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIP HARV CHED	1 Package		105260
CHIP GARDEN SALSA	1 Package		696900

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.250
<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 Bag

Amount Per Serving	
<b>Calories</b>	140.00
<b>Fat</b>	6.00g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	155.00mg
<b>Carbohydrates</b>	19.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	2.00g
<b>Added Sugar</b>	2.00g
<b>Protein</b>	2.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 10.00mg	<b>Iron</b> 0.60mg

### Nutrition - Per 100g

No 100g Conversion Available

# Turkey & Cheese Sub

<b>Servings:</b>	1.00	<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-30188
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD WHT 1/2Z	6 Slice		244190
BUN SUB SLCD WGRAIN 5"	1 Each	N/A	276142
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	1 Each	USDA Brown Box Commodity	100036

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<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>	310.00
<b>Fat</b>	9.50g
<b>Saturated Fat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	52.50mg
<b>Sodium</b>	700.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.40mg

### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Variety of Pop-Tarts (1 Count)

<b>Servings:</b>	3.00	<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-30220
<b>School:</b>	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
<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.167
<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

# Assorted BeneFIT Bars

<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-32474
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST FREN TST	1 Each		563413

## Preparation Instructions

No Preparation Instructions available.

### 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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	238.00
<b>Fat</b>	7.40g
<b>Saturated Fat</b>	2.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	13.75mg
<b>Sodium</b>	183.50mg
<b>Carbohydrates</b>	39.35g
<b>Fiber</b>	2.80g
<b>Total Sugar</b>	18.25g
<b>Added Sugar</b>	11.90g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 28.00mg	<b>Iron</b> 1.59mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Chicken Gravy

<b>Servings:</b>	128.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Fluid Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-30186
<b>School:</b>	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

<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: 128.00

Serving Size: 1.00 Fluid Ounce

Amount Per Serving	
<b>Calories</b>	19.45
<b>Fat</b>	0.28g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	133.40mg
<b>Carbohydrates</b>	3.89g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	0.00g
<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> 0.00mg	<b>Iron</b> 0.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Assorted Cereal Bar

<b>Servings:</b>	5.00	<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-34778
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN	1 Each		265901
BAR CEREAL TRIX WGRAIN	1 Each		268690
BAR CEREAL CHEERIO WGRAIN IW	1 Each		265931
BAR CEREAL CINN TST WGRAIN	1 Each		265891
BAR CEREAL GLDN GRHM WGRAIN	1 Each		265921

## 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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	158.00
<b>Fat</b>	3.50g
<b>Saturated Fat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	111.00mg
<b>Carbohydrates</b>	29.60g
<b>Fiber</b>	2.80g
<b>Total Sugar</b>	9.00g
<b>Added Sugar</b>	6.60g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.40mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 2.26mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Variety of Yogurt

<b>Servings:</b>	3.00	<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-32475
<b>School:</b>	Knox Elementary		

## Ingredients

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

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

	Amount
<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: 3.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	76.67
<b>Fat</b>	0.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	3.33mg
<b>Sodium</b>	61.67mg
<b>Carbohydrates</b>	14.67g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	9.33g
<b>Added Sugar</b>	4.67g
<b>Protein</b>	4.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 126.67mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	202.82
<b>Fat</b>	0.88g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	8.82mg
<b>Sodium</b>	163.14mg
<b>Carbohydrates</b>	38.80g
<b>Fiber</b>	0.00g
<b>Total Sugar</b>	24.69g
<b>Added Sugar</b>	12.35g
<b>Protein</b>	10.58g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 335.10mg	<b>Iron</b> 0.00mg

# Graham Snack

<b>Servings:</b>	8.00	<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-32478
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GRHM STCK SCOOBY	1 Package		859550
CRACKER GRHM VAN CHAT	1 Each		774471
CRACKER GLDFSH GRHM FREN TST	1 Package	N/A	288252
CRACKER GRHM BUG BITES	1 Package		859560
CRACKER GLDFSH GRHM VAN	1 Each	N/A	198472
CRACKER GLDFSH CINN	1 Package	N/A	194510
CRACKER GRHM TIGER BITE CHOC	1 Package		123171
CRACKER GRHM HNY MAID LIL SQ	1 Package	1.25 Grain equivalents	503370

## Preparation Instructions

Updated June 2025

## 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: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	122.50
<b>Fat</b>	3.94g
<b>Saturated Fat</b>	0.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	119.38mg
<b>Carbohydrates</b>	20.75g
<b>Fiber</b>	1.38g
<b>Total Sugar</b>	7.50g
<b>Added Sugar</b>	4.88g
<b>Protein</b>	1.88g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.25mg	<b>Iron</b> 0.93mg

## Nutrition - Per 100g

No 100g Conversion Available

# Eggo Bites® Mini Pancakes

<b>Servings:</b>	3.00	<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-31436
<b>School:</b>	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

<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>	6.33g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	1.67mg
<b>Sodium</b>	210.00mg
<b>Carbohydrates</b>	35.67g
<b>Fiber</b>	4.67g
<b>Total Sugar</b>	11.00g
<b>Added Sugar</b>	7.00g
<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

No 100g Conversion Available

# Assorted Snack'n Waffle

<b>Servings:</b>	3.00	<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-54004
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MAPL BUTTERY IW	1 Each		657844
WAFFLE CINN SWT IW	1 Each		651951
Snack'n Waffles Cosmic Confetti Waffles	1 Each		480102

## Preparation Instructions

No Preparation Instructions available.

### 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>	250.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	4.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	37.67mg
<b>Sodium</b>	290.00mg
<b>Carbohydrates</b>	37.33g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	14.00g
<b>Protein</b>	6.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 30.33mg	<b>Iron</b> 1.46mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Grilled Cheese Sandwich

<b>Servings:</b>	24.00	<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-37303
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WGRAIN WHT 16-22Z GCHC	48 Slice		266547
CHEESE, AMERICAN BLENDED, YELLOW, SKIM, SLICED	96 Slice	USDA Commodity Brown Box	100036
BUTTER PRINT SLTD GRD AA	1 Cup	Melted	191205

## Preparation Instructions

Brush melted butter on a large bun pan. Place 24 slices of bread on each pan and top with 2 oz. of cheese (4 slices).

Cover with another piece of bread. Brush tops of sandwiches with melted butter and bake until lightly browned:

Conventional oven: 400 ° F for 15 - 20 minutes.

Convection oven: 350 ° F for 10 - 15 minutes.

DO NOT OVER BAKE

Serve immediately.

CCP: Hot foods should held at 140° or higher.

## 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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	386.67
<b>Fat</b>	19.33g
<b>Saturated Fat</b>	10.67g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	50.00mg
<b>Sodium</b>	890.00mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	4.00g
<b>Total Sugar</b>	6.00g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 60.00mg	<b>Iron</b> 2.00mg

## Nutrition - Per 100g

No 100g Conversion Available

# Tomato Soup

<b>Servings:</b>	26.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-37304
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SOUP TOMATO	4 #5 CAN	N/A	488232
1% Low Fat White Milk*	4 Carton		13871

## Preparation Instructions

Open tomato soup cans and put in a 6" pan. Add 4 cartons of white milk to each pan, stir well and cook in steamer for 40 minutes or until it reaches temperature. Hold in warmer until ready to serve.

Updated June 2025

### 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>	0.625
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 26.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	167.69
<b>Fat</b>	2.08g
<b>Saturated Fat</b>	0.23g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	2.31mg
<b>Sodium</b>	678.45mg
<b>Carbohydrates</b>	32.15g
<b>Fiber</b>	1.69g
<b>Total Sugar</b>	18.62g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	4.62g
<b>Vitamin A</b> 21.54mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 61.54mg	<b>Iron</b> 0.69mg

### Nutrition - Per 100g

No 100g Conversion Available

# Glazed Carrots

<b>Servings:</b>	98.00	<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-31503
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots fzn	20 Pound		100352
BUTTER PRINT SLTD GRD AA	1 Pound		191205
SUGAR BROWN LT	2 Pound	1 Bag of brown sugar	860311

## Preparation Instructions

Divide all ingredients between two pans.

### 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>	0.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 98.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	90.49
<b>Fat</b>	4.60g
<b>Saturated Fat</b>	2.29g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	33.99mg
<b>Sodium</b>	72.74mg
<b>Carbohydrates</b>	14.21g
<b>Fiber</b>	2.02g
<b>Total Sugar</b>	11.19g
<b>Added Sugar</b>	8.16g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

<b>Calories</b>	84.99
<b>Fat</b>	4.32g
<b>Saturated Fat</b>	2.15g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.93mg
<b>Sodium</b>	68.32mg
<b>Carbohydrates</b>	13.35g
<b>Fiber</b>	1.89g
<b>Total Sugar</b>	10.51g
<b>Added Sugar</b>	7.67g
<b>Protein</b>	0.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 0.00mg	<b>Iron</b> 0.00mg

# Lasagna Roll-Ups

<b>Servings:</b>	18.00	<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-38120
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LASAGNA ROLL-UP WGRAIN	18 Each		234041
CHEESE MOZZ SHRD	1 Cup		645170
SAUCE MARINARA A/P	1/2 #10 CAN		592714

## Preparation Instructions

Put 5 cups of spaghetti sauce on bottom of 2in. pan. Place roll-up into Sauce. Put remaining sauce (3 cups) on top of each roll-up. Foil and bake at 350 for 45 min. Top with cheese and hold in warmer.

### Meal Components

Amount Per Serving

Component	Amount
Meat/Meat Alternate	2.000
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: 18.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	563.55
Fat	15.89g
Saturated Fat	3.69g
Trans Fat	0.00g
Cholesterol	20.83mg
Sodium	2884.71mg
Carbohydrates	80.02g
Fiber	14.74g
Total Sugar	36.91g
Added Sugar	0.00g
Protein	28.13g
<b>Vitamin A</b> 400.00mcg RAE	<b>Vitamin C</b> 6.00mg
<b>Calcium</b> 445.18mg	<b>Iron</b> 7.45mg

## Nutrition - Per 100g

<b>Calories</b>	35895.06		
<b>Fat</b>	1012.10g		
<b>Saturated Fat</b>	235.31g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	1326.96mg		
<b>Sodium</b>	183739.46mg		
<b>Carbohydrates</b>	5097.07g		
<b>Fiber</b>	938.99g		
<b>Total Sugar</b>	2351.01g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	1791.78g		
<b>Vitamin A</b>	25477.71mcg RAE	<b>Vitamin C</b>	382.17mg
<b>Calcium</b>	28355.47mg	<b>Iron</b>	474.59mg

# BBQ Meatballs

<b>Servings:</b>	62.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	4.00 Meatballs	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-54005
<b>School:</b>	Knox Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MEATBALL CKD .65Z	248 Each	N/A	785860
SAUCE BBQ	6 Cup		655937

## Preparation Instructions

Prepare meatballs as stated on package.

CCP: Heat to 165 degrees F or higher.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<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: 62.00

Serving Size: 4.00 Meatballs

Amount Per Serving	
<b>Calories</b>	208.19
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.60g
<b>Cholesterol</b>	36.00mg
<b>Sodium</b>	460.52mg
<b>Carbohydrates</b>	19.94g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	15.16g
<b>Added Sugar</b>	13.39g
<b>Protein</b>	12.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 59.00mg	<b>Iron</b> 1.00mg

### Nutrition - Per 100g

No 100g Conversion Available

# Mini Waffles

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-32489
<b>School:</b>	Knox High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE MINI MAPL IW	1 Package		284811
WAFFLE MINI BLUEB WGRAIN IW	1 Package		269240
WAFFLE MINI MAPL WGRAIN IW	1 Package		269260

## Preparation Instructions

Heat & Serve: Heat frozen Mini Waffle in ovenable pouch.

Convection Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 7-9 minutes.

Conventional Oven: Preheat oven to 350F. Place pouches flat on a baking sheet and heat for 11-13 minutes.

\*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type and load. Consume within 6 hours of preparing.

### 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>	200.00
<b>Fat</b>	5.67g
<b>Saturated Fat</b>	1.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	183.33mg
<b>Carbohydrates</b>	36.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	11.33g
<b>Added Sugar</b>	7.00g
<b>Protein</b>	3.67g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 110.00mg	<b>Iron</b> 2.03mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Ham & Cheese Sub

<b>Servings:</b>	1.00	<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-30189
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	2.500
<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>	315.00
<b>Fat</b>	12.00g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	72.50mg
<b>Sodium</b>	805.00mg
<b>Carbohydrates</b>	30.00g
<b>Fiber</b>	2.00g
<b>Total Sugar</b>	4.50g
<b>Added Sugar</b>	4.00g
<b>Protein</b>	21.50g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 56.00mg	<b>Iron</b> 2.72mg

## Nutrition - Per 100g

<b>Calories</b>	312.13
<b>Fat</b>	11.89g
<b>Saturated Fat</b>	4.46g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	71.84mg
<b>Sodium</b>	797.66mg
<b>Carbohydrates</b>	29.73g
<b>Fiber</b>	1.98g
<b>Total Sugar</b>	4.46g
<b>Added Sugar</b>	3.96g
<b>Protein</b>	21.30g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 55.49mg	<b>Iron</b> 2.70mg