

Breakfast Bento Box



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Complex Food Prep
Meal Type:	Breakfast	Recipe ID:	R-51079

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BLUEBERRY IQF	12 1/2 Pound		166720
PEANUT BUTTER CRMY	7 Pound		241851
APPLE SLCD FRSH	7 Pound		530831
CELERY STIX	16 1/2 Pound		781592
CHEESE CHED MED CUBED	6 1/4 Pound		471496
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370

Preparation Instructions

Instructions

Wild Blueberry Dip

To make wild blueberry dip: puree wild blueberries with an immersion blender until smooth.

In a large bowl or container mix pureed wild blueberries and peanut butter. Mix with a whisk or a mixer with a paddle attachment until smooth.

To Prepare Bento Box:

Portion wild blueberry dip with a #10 scoop (about 1/4 cup) into a 4-ounce cup.

Arrange apple wedges, celery sticks, cheese cubes or stick, and graham crackers in the bento box.

Recipe Notes

Crediting:

ONE # 10 SCOOP OF WILD BLUEBERRY DIP PROVIDES:

3/8 cup fruit, 1 oz. eq. m/ma

ONE BENTO BOX PROVIDES:

5/8 cup fruit, 2 oz. eq. m/ma, 1 oz. eq. grain, ½ cup vegetables

1 Bento box contains:

1 #10 scoop dip.

1/4 cup apple (wedges)

1/2 cup celery sticks (about 6 sticks)

1 ounce cheese

4 crackers (1 ounce)

* Don't forget to order Bento Containers #384506

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.625
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	306.56
Fat	12.10g
SaturatedFat	2.04g
Trans Fat	0.00g
Cholesterol	0.47mg
Sodium	336.97mg
Carbohydrates	45.04g
Fiber	8.10g
Sugar	21.35g
Protein	7.74g
Vitamin A 17.36IU	Vitamin C 1.46mg
Calcium 77.14mg	Iron 1.22mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available