

# Breakfast Bento Box



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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 1/2 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

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.625
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

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

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

### Nutrition - Per 100g

No 100g Conversion Available