

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	64 Ounce		166720
PEANUT BUTTER CRMY	64 Ounce		241851
APPLE SLCD FRSH	200 Ounce	Portion into 2 oz. of apples for each container providing a 1/2 cup each.	530831
CELERY STIX	220 Ounce	Potion 2.2oz each container or about 6 sticks= 1/2 cup.	781592
CHEESE COLBY JK CUBE IW 200-1Z LOL	100 Package	BAKE	680130
CRACKER GRHM HNY MAID LIL SQ	100 Package		503370
CRACKER GRHM WGRAIN IW	100 Package		529974

Preparation Instructions

Instructions

Wild Blueberry Dip

To make wild blueberry dip: puree wild blueberries with an immersion blender until smooth. Then add Peanut butter and blend until well combined. portion in a 2 oz. souffle cup.

To Prepare Bento Box:

Portion wild blueberry dip with a #10 scoop (about 1/2 cup) into a 2 -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.

1/2 cup apple (2oz.wedges)

1/2 cup celery sticks (about 6 sticks)

1 ounce cheese

Whole Grain crackers (1 ounce)

* Don't forget to order Bento Containers #384506

Meal Components (SLE)

Amount Per Serving	
Meat	1.320
Grain	2.000
Fruit	0.630
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.500
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		426.67	
Fat		17.12g	
SaturatedFat		5.12g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		577.80mg	
Carbohydrates		57.45g	
Fiber		8.23g	
Sugar		23.97g	
Protein		13.47g	
Vitamin A	31.00IU	Vitamin C	2.60mg
Calcium	266.44mg	Iron	1.73mg

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

Nutrition - Per 100g

No 100g Conversion Available