

Recipe # :	81220	Student Count :	100
Breakfast for Lunch : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
1644	YOGURT CUP	100 QTY	SUB RECIPES: 1644 - YOGURT CUP 900253 - CHEESE STICK OR STRING CHEESE 1601 - WHOLE GRAIN CEREAL. 1. SERVE EACH 1 YOGURT, 1 CHEESE, & 1 WHOLE GRAIN CEREAL.
900253	CHEESE STICK OR STRING 1 EACH	100 QTY	
1601	WHOLE GRAIN CEREAL	100 QTY	

Nutrients based on 1 Serving Size	
Calories	0 kcal
Total Fat	0 g
Sodium	0 mg
Carbs	0 mg

Components	
Meat/Alt:	2 oz. eq.
Grains:	2 oz. eq.
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	900253	Student Count :	100
<u>Cheese Stick or String 1 Each : NutriStudents K-12</u>		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S4	SELECT ONE BELOW		COOKING METHOD:
904146	*CHEESE STICK COLBY JACK - LAND O LAKES - 44878	100 QTY	NO COOK
904147	*CHEESE STICK MOZZARELLA - BONGARDS - 40295	100 QTY	
904154	*CHEESE STRING - AMERICAN HERITAGE - 19148	100 QTY	STEPS:
904069	*CHEESE STRING - USDA - USDA - 110396	100 QTY	HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.
			SERVICE: 1.SERVE EACH STUDENT 1 EACH.
			CREDITABLE PRODUCTS: PRODUCT# LAND O LAKES 44878 1 EACH, CREDITS AS 1 MEAT/MEAT ALTERNATIVE PRODUCT# BONGARD 402951 1 EACH, CREDITS AS 1 MEAT/MEAT ALTERNATIVE PRODUCT# SCHREIBER 60833 1 EACH, CREDITS AS 1 MEAT/MEAT ALTERNATIVE PRODUCT# USDA 110396 1 EACH, CREDITS AS 1 MEAT/MEAT ALTERNATIVE

Nutrients based on 1 Serving Size	
Calories	90 kcal
Total Fat	6.5 g
Sodium	215 mg
Carbs	1 mg

Components	
Meat/Alt:	1 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1644	Student Count :	100
Yogurt Cup : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904724	YOGURT STRAWBERRY - UPSTATE - 9820	100 QTY	<p>COOKING METHOD: NO COOK</p> <p>STEPS: HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT 1 EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT# UPSTATE 9820 1 EACH, CREDITS AS 1 MEAT/MEAT ALTERNATIVE</p>

Nutrients based on 1 Serving Size	
Calories	90 kcal
Total Fat	0 g
Sodium	52.45 mg
Carbs	18.98 mg

Components	
Meat/Alt:	1 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	1601	Student Count :	100
Whole Grain Cereal : NutriStudents K-12		Serving Size :	1 EACH

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S3	SELECT ONE BELOW		COOKING METHOD:
904739	*WHOLE GRAIN CINNAMON TOAST CRUNCH - GENERAL MILLS -	100 QTY	NO COOK
904738	*WHOLE GRAIN CHEX - GENERAL MILLS - 47595	100 QTY	
904737	*WHOLE GRAIN CHEERIOS - GENERAL MILLS - 32262	100 QTY	SERVICE: 1.SERVE EACH STUDENT 1 EACH.
			CREDITABLE PRODUCTS: PRODUCT# GENERAL MILLS 32262 1 EACH, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS PRODUCT# GENERAL MILLS 47595 1 EACH, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS PRODUCT# GENERAL MILLS 11815 1 EACH, CREDITS AS 1 WHOLE GRAIN RICH EQUIVALENTS

Nutrients based on 1 Serving Size	
Calories	103 kcal
Total Fat	1.83 g
Sodium	183.33 mg
Carbs	22 mg

Components	
Meat/Alt:	1 oz. eq.
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	900263	Student Count :	100
Ranch Dressing : NutriStudents K-12		Serving Size :	1 TBSP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
903940	*DRESSING RANCH FAT FREE - HIDDEN VALLEY - 85645-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	HACCP:KEEP COOLED BELOW 41° UNTIL READY TO COOK. SERVICE: 1.SERVE EACH STUDENT A TBSP EACH.
903943	*DRESSING RANCH LITE - HIDDEN VALLEY - 13449-HVR	6 & 1/8 CUP + 1 Tbsp + 2 Tsp	

Nutrients based on 1 Serving Size	
Calories	19 kcal
Total Fat	0.88 g
Sodium	162.58 mg
Carbs	2.75 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0
Fruit:	0
Milk:	0

Recipe # :	942	Student Count :	100
Fresh Carrots 1/4 CUP : NutriStudents K-12		Serving Size :	1/4 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
904213	CARROTS BABY PEELED - GENERIC - -	24 & 3/4 CUP + 1 Tbsp + 2 Tsp	<p>COOKING METHOD: NO COOK</p> <p>HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.</p> <p>SERVICE: 1.SERVE EACH STUDENT A 1/4 OF A CUP EACH.</p> <p>CREDITABLE PRODUCTS: PRODUCT#:GRIMM 15376 1/4 OF A CUP EACH, CREDITS AS 1/4 OF A CUP OF RED VEGETABLE SUBGROUP</p>

Nutrients based on 1 Serving Size	
Calories	19 kcal
Total Fat	0 g
Sodium	23.48 mg
Carbs	4.27 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.25 cup eq.
Fruit:	0
Milk:	0

Recipe # : 912

Student Count : 100

Fresh Broccoli 1/2 CUP : NutriStudents K-12

Serving Size : 1/2 CUP

Ing #	Ingredient Name	QTY & Measurement	Cooking Instructions
S2	SELECT ONE BELOW		COOKING METHOD:
904196	*BROCCOLI FLORETTE FRESH - GENERIC --	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	NO COOK
904195	*BROCCOLI FLORETTE FRESH - GENERIC --	49 & 3/4 CUP + 1 Tbsp + 2 Tsp	NO COOK
			STEPS:
			1.CHOP VEGETABLES INTO SMALLER UNITS.
			HACCP:KEEP COOLED BELOW 41° UNTIL READY TO SERVE.
			SERVICE:
			2.SERVE EACH STUDENT A ½ OF A CUP EACH.
			CREDITABLE PRODUCTS:
			PRODUCT#:TAYLOR 1010006
			½ OF A CUP EACH, CREDITS AS ½ OF A CUP OF DARK GREEN VEGETABLE SUBGROUP
			PRODUCT#:TAYLOR 73007
			½ OF A CUP EACH, CREDITS AS ½ OF A CUP OF DARK GREEN VEGETABLE SUBGROUP

Nutrients based on 1 Serving Size	
Calories	22 kcal
Total Fat	0 g
Sodium	21.61 mg
Carbs	3.46 mg

Components	
Meat/Alt:	0
Grains:	0
Vegetable:	0.5 cup eq.
Fruit:	0
Milk:	0