

# Recipe Prep Sheet

American Dairy Association North East

## 990087 - Cheese & Apple Breakfast Bento Box

Recipe HACCP Process: #1 No Cook  
 Source: DSB  
 Number of Portions: 50  
 Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
051450	APPLES, RED DELICIOUS, FRESH, WITH SKIN	50 medium (3" dia)	No Instructions Assigned
001042	CHEESE, AMERICAN, SLICED	100 slice (.5 oz)	
028292	CRACKERS,MULTIGRAIN	200 crackers-4 per serving	<p><b>Wet your hands with clean,running water — either warm or cold. Apply soap and lather well. Rub your hands vigorously for at least 20 seconds. Remember to scrub all surfaces,including the backs of your hands,...Rinse well. Dry your hands with a clean towel or air-dry them.</b></p> <p>Wash (remove any stickers) apple and wedge with Apple Wedger or Knife. Toss in OJ and drain.</p> <p>Serve in small paper boat or box: Apple slices with two slices of cheese cut in wedges and 4 Multigrain Crackers.</p> <p><b>CCP:</b> Hold for cold service at 41° F or lower.</p> <p><b>CCP:</b> Refrigerate until served.</p>
009206	ORANGE JUICE,RAW	3 1/4 CUP	

\*Nutrients are based upon 1 Portion Size (EACH)

Calories <sup>1</sup>	475.938 kcal	Total Fat	20.472 g	Total Dietary Fiber	6.397 g	Vitamin C	16.468 mg	38.712% Calories from Total Fat
Saturated Fat <sup>1</sup>	7.026 g	Trans Fat <sup>2</sup>	0.431 g	Protein	9.702 g	Iron	1.880 mg	13.285% Calories from Sat Fat
Sodium <sup>1</sup>	970.365 mg	Cholesterol	28.350 mg	Vitamin A	453.681 IU	Water	*26.863* g	0.814% Calories from Trans Fat
Sugars	*8.715* g	Carbohydrate	66.022 g	Calcium	316.859 mg	Ash	*N/A* g	55.488% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			8.154% Calories from Protein
Type of Fat	-							

Components									
Meat/Meat ALT	1 oz eq	Grain	1 oz eq	Fruit	.5 cup	Vegetable	cup	Milk	cup

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient*  
*\* - denotes combined nutrient totals with either missing or incomplete nutrient data*  
<sup>1</sup> - denotes required nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.