

Recipe Prep Sheet

American Dairy Association North East

990073 - Breakfast - Bento Box Granola Bar, Fruit & Cheese

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

Ingredient #	Ingredient Name	Measurements	Instructions
990388	Whole-Grain Cereal Bar Apple Cinnamon	50 each	No Instructions Assigned
001082	MILK,LOWFAT,FLUID,1% MILKFAT,W/ VIT A	50 (8 oz. carton/bottle)	
900352	CHEESE,"SCHOOL CHOICE STRING CHEESE MOZZARELL	50 each (1 oz.)	<p>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.</p> <p>Assemble all items in a 3 or 4 compartment plastic tray with lid.</p> <p>Note: grapes can be small clusters totaling 10 each.</p> <p>Other fresh fruits can replace the grapes.</p> <p>CCP: Hold for cold service at 41° F or lower.</p> <p>CCP: Refrigerate until served.</p>
009132	GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON	8 1/4 LB	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	358.154 kcal	Total Fat	10.835 g	Total Dietary Fiber	3.264 g	Vitamin C	2.395 mg	27.226% Calories from Total Fat
Saturated Fat ¹	5.243 g	Trans Fat ²	*0.037* g	Protein	17.969 g	Iron	2.227 mg	13.176% Calories from Sat Fat
Sodium ¹	382.671 mg	Cholesterol	27.499 mg	Vitamin A	1426.480 IU	Water	*277.538* g	*0.093%* Calories from Trans Fat
Sugars	*23.379* g	Carbohydrate	49.625 g	Calcium	699.620 mg	Ash	*N/A* g	55.423% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			20.068% Calories from Protein
Type of Fat	-							

Components

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

¹ - denotes required nutrient values

² - 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.