Hayward Unified School District

000743 - Applesauce & Cheesestick **Recipe HACCP Process: #1 No Cook**

Source:
Number of Portions: 1
Size of Portion: serving
Alternate Menu Name:
Preschool Snack

Meat/Alt: 1 oz
Grains: 0 oz
Fruit: 1 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904003s Applesauce Cup..... 1 Applesauce Cup
904004s Cheddar Cheese Stick.... 1 Cheese Stick

*Nutrients are based upon 1 Portion Size (serving)

Calories	151	kcal	Cholester	20.25	mg	Total Sugars	18.00	g	Calcium	151.87	mg	42.21%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	7.09	g	Sodium	207.37	mg	Protein	7.09	g	Iron	0.00	mg	27.13%	Calories from Sat Fat
Saturated F	4.56	g	Carbohydr	14.00	g	Vitamin A	506.24	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.00	g	Vitamin C	0.00	mg	Ash[1]	*N/A*	g	37.06%	Calories from Carbohydrates
												18.76%	Calories from Protein

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000651 - Bagel & Cream Cheese

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1.0000
Size of Portion: 1 EACH
Alternate Menu Name: Par Baked Bagel

Meat/Alt:	0.5 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903933s BAGEL, PLAIN, Dos Pisano.... 1 BAGEL
903369s Cream Cheese..... 1 OZ

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

Calories	393	kcal	Cholester	*20.00*	mg	Total Sugars	*5.87*	g	Calcium	40.00	mg	21.09%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	9.20	g	Sodium	598.90	mg	Protein	12.73	g	Iron	2.64	mg	*9.17%*	Calories from Sat Fat
Saturated F	*4.00*	g	Carbohydr	68.45	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	*N/A*%	Calories from Trans Fat
Trans Fat	*N/A*	g	Dietary Fib	8.80	g	Vitamin C	0.00	mg	Ash[1]	*0.00*	g	69.74%	Calories from Carbohydrates
												12.97%	Calories from Protein

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000913 - Birria and Cheese Pupusa

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 1 ea.
Alternate Menu Name: Birria and Cheese Pupusa

Meat/Alt: 2 oz
Grains: 2 oz
Fruit: 0.5 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904197s Birria and Cheese Pupusa.... 1 (1)
R-000879 Pupusa Salad (Curtido)..... 1 (4oz)

*Nutrients are based upon 1 Portion Size (1 ea.)

Calories	270	kcal	Cholester	24.46	mg	Total Sugars	*2.30*	g	Calcium	230.41	mg	36.51%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	10.96	g	Sodium	956.29	mg	Protein	11.81	g	Iron	1.35	mg	9.09%	Calories from Sat Fat
Saturated F	2.73	g	Carbohydr	32.67	g	Vitamin A	*2.02*	RAE	Water[1]	*57.65*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	1.42	g	Vitamin C	*15.22*	mg	Ash[1]	*0.47*	g	48.40%	Calories from Carbohydrates
												17.49%	Calories from Protein

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000871 - Breakfast Sandwich E

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Sandwich

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904013s English Muffin, WG (Bubba's)..... 1 Muffin
001123 EGG,WHL,RAW,FRSH..... 1 large
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	316	kcal	Cholester	214.00	mg	Total Sugars	1.28	g	Calcium	309.00	mg	43.09%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	15.15	g	Sodium	496.00	mg	Protein	18.78	g	Iron	2.68	mg	19.52%	Calories from Sat Fat
Saturated F	6.86	g	Carbohydr	25.26	g	Vitamin A	*80.00*	RAE	Water[1]	*38.08*	g	0.05%	Calories from Trans Fat
Trans Fat	0.02	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.53*	g	31.92%	Calories from Carbohydrates
												23.73%	Calories from Protein

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000595 - CEREAL, CORN FLAKES

Recipe HACCP Process: #1 No Cook

Source: PK/ELEM
Number of Portions: 1
Size of Portion: bowlpack
Alternate Menu Name: CORN FLAKES

Meat/Alt:	0 oz
Grains:	0.75 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

903920s CEREAL, CORN FLAKES, .75oz bowlpack.... 1 Bowlpack

*Nutrients are based upon 1 Portion Size (bowlpack)

Calories	81	kcal	Cholester	0.00	mg	Total Sugars	2.03	g	Calcium	0.00	mg
						Added Sugars	*N/A*	g			
Total Fat	0.00	g	Sodium	151.87	mg	Protein	1.01	g	Iron	6.07	mg
Saturated F	0.00	g	Carbohydr	18.22	g	Vitamin A	*N/A*	RAE	Water[1]	0.00	g
Trans Fat	0.00	g	Dietary Fib	1.01	g	Vitamin C	0.00	mg	Ash[1]	0.00	g

0.00%	Calories from Total Fat
0.00%	Calories from Sat Fat
0.00%	Calories from Trans Fat
90.00%	Calories from Carbohydrates
5.00%	Calories from Protein

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900677 - Cheese Pizza

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Slice
Alternate Menu Name:
Cheese Pizza

903425s Pizza - Cheese Piazza.... 1 slice

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

*Nutrients are based upon 1 Portion Size (Slice)

Calories	360	kcal	Cholester	30.00	mg	Total Sugars	4.00	g	Calcium	450.00	mg	42.50%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	17.00	g	Sodium	510.00	mg	Protein	20.00	g	Iron	2.70	mg	20.00%	Calories from Sat Fat
Saturated F	8.00	g	Carbohydr	34.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	6.00	mg	Ash[1]	*N/A*	g	37.78%	Calories from Carbohydrates
												22.22%	Calories from Protein

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000986 - Cheez-It With Juice Box

Recipe HACCP Process: #1 No Cook

Source: Snack
Number of Portions: 1
Size of Portion: Portion

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

124467 Cheez-It Crackers.... 1 Pouch
903854s Apple Juice..... 1 Juice Box

*Nutrients are based upon 1 Portion Size (Portion)

Calories	157	kcal	Cholester	2.52	mg	Total Sugars	13.10	g	Calcium	23.52	mg	19.21%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	3.36	g	Sodium	158.51	mg	Protein	2.44	g	Iron	0.95	mg	4.92%	Calories from Sat Fat
Saturated F	0.86	g	Carbohydr	28.36	g	Vitamin A	*N/A*	RAE	Water[1]	*0.00*	g	0.24%	Calories from Trans Fat
Trans Fat	0.04	g	Dietary Fib	1.18	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	72.06%	Calories from Carbohydrates
												6.19%	Calories from Protein

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000916 - Chicken Chow Mein

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: 2 Cups
Alternate Menu Name: Chicken Chow Mein

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0 Cup
Vegetable:	0.5 Cup
Milk:	0 Cup

904200s Chow Mein 51% Whole Grain Noodle.....	2 7/8 OZ
904201s Seasoned Hand Pulled Chicken 80% Dark Meat.....	2 1/2 OZ
011749 CABBAGE,COMMON,FRESHLY HARVEST,RAW....	1/2 CUP, shredded
799938s CARROTS,RAW.....	1/4 CUP, grated

*Nutrients are based upon 1 Portion Size (2 Cups)

Calories	325	kcal	Cholester	86.00	mg	Total Sugars	*5.00*	g	Calcium	44.52	mg	24.47%	Calories from Total Fat
						Added Sugars	*5.00*	g					
Total Fat	8.83	g	Sodium	1059.28	mg	Protein	26.68	g	Iron	3.28	mg	2.83%	Calories from Sat Fat
Saturated F	1.02	g	Carbohydr	41.51	g	Vitamin A	*2.10*	RAE	Water[1]	*56.66*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	5.57	g	Vitamin C	*19.47*	mg	Ash[1]	*0.52*	g	51.15%	Calories from Carbohydrates
												32.87%	Calories from Protein

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000862 - Fruit,Yogurt, & Granola Parait

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Parfait
Alternate Menu Name: Elementary-Parfait

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904055s IQF Strawberries	1/4 CUP
904056s IQF Blueberries	1/4 CUP
904057s Granola Cinn WG (Post) #07485	1 oz. portion
904059s Straus Vanilla Yogurt	4 OZ

*Nutrients are based upon 1 Portion Size (Parfait)

Calories	306	kcal	Cholester	29.35	mg	Total Sugars	21.00	g	Calcium	*8.00*	mg	23.74%	Calories from Total Fat
						Added Sugars	3.00	g					
Total Fat	8.08	g	Sodium	125.93	mg	Protein	13.60	g	Iron	*0.96*	mg	9.80%	Calories from Sat Fat
Saturated F	3.34	g	Carbohydr	42.45	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.79	g	Vitamin C	*0.00*	mg	Ash[1]	*N/A*	g	55.47%	Calories from Carbohydrates
												17.77%	Calories from Protein

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900159 - HNR-Cheerios **Recipe HACCP Process: #1 No Cook**

Source:
Number of Portions: 1
Size of Portion: bowl
Alternate Menu Name:
General Mills

903218s HNR-Cheerios.... 1 bowl

Meat/Alt: 0 oz
Grains: 1 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

*Nutrients are based upon 1 Portion Size (bowl)

Calories	100	kcal	Cholester	0.00	mg	Total Sugars	*N/A*	g	Calcium	100.00	mg	18.00%	Calories from Total Fat
						Added Sugars	*N/A*	g					
Total Fat	2.00	g	Sodium	140.00	mg	Protein	3.00	g	Iron	8.10	mg	0.00%	Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	20.00	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.00	g	Vitamin C	6.00	mg	Ash[1]	*N/A*	g	80.00%	Calories from Carbohydrates
												12.00%	Calories from Protein

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000985 - Hummus with Pita

Recipe HACCP Process: #2 Same Day Service

Source: Snack
Number of Portions: 1
Size of Portion: serving

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904070s Hummus, Better Bean .... 1 Serving
904264s Pita, 6.75" WG..... 1 Pita

*Nutrients are based upon 1 Portion Size (serving)

Calories	349	kcal	Cholester	0.00	mg	Total Sugars	4.98	g	Calcium	89.58	mg	38.52%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	14.93	g	Sodium	528.20	mg	Protein	7.96	g	Iron	3.79	mg	5.13%	Calories from Sat Fat
Saturated F	1.99	g	Carbohydr	46.87	g	Vitamin A	*N/A*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	6.98	g	Vitamin C	*N/A*	mg	Ash[1]	*N/A*	g	53.76%	Calories from Carbohydrates
												9.13%	Calories from Protein

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000872 - Maple Waffle

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Serving

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904156s Waffle, Eggo 4"..... 1 (2 Waffles)
903831s Syrup, Pancake Natural Syrup.... 1 Serving

*Nutrients are based upon 1 Portion Size (Serving)

Calories	317	kcal	Cholester	1.00	mg	Total Sugars	24.46	g	Calcium	371.40	mg	23.28%	Calories from Total Fat
						Added Sugars	*3.00*	g					
Total Fat	8.20	g	Sodium	561.19	mg	Protein	5.60	g	Iron	5.10	mg	5.68%	Calories from Sat Fat
Saturated F	2.00	g	Carbohydr	59.26	g	Vitamin A	*257.00	RAE	Water[1]	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.40	g	Vitamin C	0.00	mg	Ash[1]	*0.00*	g	74.78%	Calories from Carbohydrates
												7.07%	Calories from Protein

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000544 - Munchable

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Munchable Box
Alternate Menu Name: Winter 25-26 Elementary

Meat/Alt:	2 oz
Grains:	2 oz
Fruit:	0.5 Cup
Vegetable:	0.5 Cup
Milk:	0 Cup

903744s GoGurt Mix Berry..... 1 Tube
900359s CHEESE,MOZZARELLA,STRING CHEESE.... 1 Stick
904069s Goldfish Crackers, Cheddar..... 1 Package
903503s CARROTS, BABY-CUT, FRESH, PEELED..... 1 Bag
903999s STONE FRUIT (AgLink)..... 1 medium (2-2/3" dia)

*Nutrients are based upon 1 Portion Size (Munchable Box)

Calories	419	kcal	Cholester	30.31	mg	Total Sugars	*15.58*	g	Calcium	*293.24*	mg	29.32%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	13.66	g	Sodium	605.68	mg	Protein	16.26	g	Iron	*2.91*	mg	11.03%	Calories from Sat Fat
Saturated F	5.14	g	Carbohydr	58.33	g	Vitamin A	*24.00*	RAE	Water[1]	*146.48*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	*5.71*	g	Vitamin C	*12.15*	mg	Ash[1]	*1.70*	g	55.67%	Calories from Carbohydrates
												15.52%	Calories from Protein

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000911 - Poffitz Pancake Bites

Source: Darrell
Number of Portions: 120
Size of Portion: 8 bites
Alternate Menu Name: Pancake Bites
Jam/Syrup

Recipe HACCP Process:

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904192s Pancake, Bites, Poffitz WG Bulk.... 68 GRAM
904116s Jelly..... 2 Serving
903831s Syrup, Pancake Natural Syrup..... 1 Serving

*Nutrients are based upon 1 Portion Size (8 bites)

Calories	3	kcal	Cholester	0.33	mg	Total Sugars	0.42	g	Calcium	0.30	mg
						Added Sugars	*0.19*	g			
Total Fat	0.10	g	Sodium	2.54	mg	Protein	0.03	g	Iron	0.01	mg
Saturated F	0.01	g	Carbohydr	0.64	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g
Trans Fat	0.00	g	Dietary Fib	0.02	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g

26.87%	Calories from Total Fat
2.24%	Calories from Sat Fat
0.00%	Calories from Trans Fat
76.13%	Calories from Carbohydrates
3.98%	Calories from Protein

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000974 - Pull Aparts with Marinara Sc.

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Package
Alternate Menu Name: Pull Aparts with Marinar

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904253s Pull Apart Italian Cheese and Garlic.... 1 Package
904179s Marinara Sauce BDiN 6X 104OZ..... 2 OZ

*Nutrients are based upon 1 Portion Size (Package)

Calories	322	kcal	Cholester	30.00	mg	Total Sugars	7.23	g	Calcium	375.72	mg	38.79%	Calories from Total Fat
						Added Sugars	3.00	g					
Total Fat	13.89	g	Sodium	734.30	mg	Protein	14.45	g	Iron	2.28	mg	16.75%	Calories from Sat Fat
Saturated F	6.00	g	Carbohydr	35.57	g	Vitamin A	*0.00*	RAE	Water[1]	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	2.00	g	Vitamin C	*0.00*	mg	Ash[1]	*0.00*	g	44.14%	Calories from Carbohydrates
												17.93%	Calories from Protein

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000879 - Pupusa Salad (Curtido)

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 40
Size of Portion: 4oz

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

011109 CABBAGE,RAW.....	3 1/2 LB, shredded
901063s ONO,RAW.....	9 OZ, thinly sliced
902794s CARROTS,RAW.....	1 LB
901071s OREGANO ,DRIED.....	2 TBSP, leaves + 2 TSP, leaves
799986s SALT, KOSHER.....	2 TBSP
002030 PEPPER,BLACK.....	2 TSP, ground
002048 VINEGAR,CIDER.....	1 CUP + 1/4 CUP
903760s Municipal Water, H2O....	3 CUP + 3/4 CUP

*Nutrients are based upon 1 Portion Size (4oz)

Calories	30	kcal	Cholester	4.46	mg	Total Sugars Added Sugars	*1.30* *0.00*	g g	Calcium	21.41	mg	28.65%	Calories from Total Fat
Total Fat	0.96	g	Sodium	256.29	mg	Protein	1.81	g	Iron	0.35	mg	6.78%	Calories from Sat Fat
Saturated F	0.23	g	Carbohydr	3.67	g	Vitamin A	*2.02*	RAE	Water[1]	*57.65*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	1.42	g	Vitamin C	15.22	mg	Ash[1]	*0.47*	g	48.89%	Calories from Carbohydrates
												24.12%	Calories from Protein

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000810 - Rice, White Jasmine

Source: Darrell
Number of Portions: 44
Size of Portion: 8 oz cups

Recipe HACCP Process: #2 Same Day Service

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904094s RICE,JASMINE WHITE,LONG-GRAIN,REG,ENR,CKD.... 4 QT
904074s Tap Water..... 6 QT

*Nutrients are based upon 1 Portion Size (8 oz cups)

Calories	204	kcal	Cholester	0.00	mg	Total Sugars	0.00	g	Calcium	12.93	mg	0.00%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	0.00	g	Sodium	2.59	mg	Protein	0.00	g	Iron	0.00	mg	0.00%	Calories from Sat Fat
Saturated F	0.00	g	Carbohydr	45.96	g	Vitamin A	0.00	RAE	Water[1]	129.25	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.28	g	Vitamin C	0.00	mg	Ash[1]	0.09	g	90.00%	Calories from Carbohydrates
												0.00%	Calories from Protein

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000834 - Sausage, Egg & Cheese Sandwich

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: EACH

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

001125 EGG,YOLK,RAW,FRSH..... 1 large
903857s English Muffin WG..... 1 EACH
902511s CHEESE, CHEDDAR..... 1 OZ
904012s Sausage Patty, Chicken (Tyson).... 1 Patty

*Nutrients are based upon 1 Portion Size (EACH)

Calories	384	kcal	Cholester	*254.45*	mg	Total Sugars	*0.10*	g	Calcium	291.61	mg	48.05%	Calories from Total Fat
						Added Sugars	*0.00*	g					
Total Fat	20.51	g	Sodium	666.95	mg	Protein	*20.70*	g	Iron	2.90	mg	20.20%	Calories from Sat Fat
Saturated F	8.62	g	Carbohydr	25.49	g	Vitamin A	*64.77*	RAE	Water[1]	*9.89*	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	2.98	g	Vitamin C	*0.00*	mg	Ash[1]	*0.29*	g	26.54%	Calories from Carbohydrates
												21.55%	Calories from Protein

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000876 - Sunbutter & Jelly Sandwich Box

Recipe HACCP Process: #1 No Cook

Source: Darrell
Number of Portions: 1
Size of Portion: Box

Meat/Alt:	0 oz
Grains:	0 oz
Fruit:	0 Cup
Vegetable:	0 Cup
Milk:	0 Cup

904011s Bread, Sliced, WW Bimbo..... 2 Slice
904161s Sunbutter Cup, Voyage 1.5oz..... 1 Serving
904162s Jam, Strawberry, no HFCS..... 1 Serving
900359s CHEESE,MOZZARELLA,STRING CHEESE.... 1 Stick
009201 ORANGES,RAW,CALIFORNIA,VALENCIAS.... 1 fruit (2-5/8" dia)

*Nutrients are based upon 1 Portion Size (Box)

Calories	580	kcal	Cholester	15.31	mg	Total Sugars Added Sugars	*17.00* *14.00*	g g	Calcium	338.64	mg	45.07%	Calories from Total Fat
Total Fat	29.04	g	Sodium	559.69	mg	Protein	20.62	g	Iron	2.62	mg	10.30%	Calories from Sat Fat
Saturated F	6.63	g	Carbohydr	64.47	g	Vitamin A	*14.52*	RAE	Water[1]	117.64	g	*0.00%*	Calories from Trans Fat
Trans Fat	*0.00*	g	Dietary Fib	8.02	g	Vitamin C	58.69	mg	Ash[1]	1.56	g	44.47%	Calories from Carbohydrates
												14.22%	Calories from Protein

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000825 - Teriyaki Chicken Rice Bowl

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: bowl
Alternate Menu Name: Winter 25-26
Secondary

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904090s Chicken, Teriyaki BBQ, Yang's.... 1 Serving
R-000810 Rice, White Jasmine..... 1 cups
011090 BROCCOLI,RAW..... 1/2 CUP, florets

*Nutrients are based upon 1 Portion Size (bowl)

Calories	145	kcal	Cholester	70.00	mg	Total Sugars	9.75	g	Calcium	30.68	mg	22.74%	Calories from Total Fat
						Added Sugars	9.00	g					
Total Fat	3.66	g	Sodium	494.52	mg	Protein	16.24	g	Iron	1.04	mg	6.52%	Calories from Sat Fat
Saturated F	1.05	g	Carbohydr	12.92	g	Vitamin A	*13.64*	RAE	Water[1]	*39.29*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	1.14	g	Vitamin C	*39.25*	mg	Ash[1]	*0.38*	g	35.66%	Calories from Carbohydrates
												44.81%	Calories from Protein

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000988 - Turkey / Cheddar Sandwich ELE

Recipe HACCP Process: #2 Same Day Service

Source: Darrell
Number of Portions: 1
Size of Portion: Sandwich
Alternate Menu Name: Elementry T&C Sando

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904223s Sourdough, Sliced..... 1 (2 Slices)
904037s Turkey, Oven Roasted..... 2 OZ
904064s Cheddar Cheese, Yellow Sliced.... 1 Slice

*Nutrients are based upon 1 Portion Size (Sandwich)

Calories	395	kcal	Cholester	48.25	mg	Total Sugars	0.10	g	Calcium	201.00	mg	26.01%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	11.41	g	Sodium	917.74	mg	Protein	25.60	g	Iron	2.16	mg	12.09%	Calories from Sat Fat
Saturated F	5.30	g	Carbohydr	45.69	g	Vitamin A	*0.00*	RAE	Water[1]	*N/A*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	4.98	g	Vitamin C	*0.00*	mg	Ash[1]	*N/A*	g	46.30%	Calories from Carbohydrates
												25.94%	Calories from Protein

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000987 - Turkey Slices With Baby Carrot

Recipe HACCP Process: #1 No Cook

Source: Snack
Number of Portions: 1
Size of Portion: Portion

Meat/Alt: 0 oz
Grains: 0 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

124594 Sliced Turkey Breast..... 2 OZ
011960 CARROTS,BABY,RAW.... 1 NLEA serving

*Nutrients are based upon 1 Portion Size (Portion)

Calories	101	kcal	Cholester	30.05	mg	Total Sugars	4.64	g	Calcium	35.14	mg	22.21%	Calories from Total Fat
						Added Sugars	0.00	g					
Total Fat	2.50	g	Sodium	251.14	mg	Protein	11.32	g	Iron	1.19	mg	5.47%	Calories from Sat Fat
Saturated F	0.61	g	Carbohydr	8.20	g	Vitamin A	*586.50	RAE	Water[1]	*76.80*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	2.47	g	Vitamin C	2.21	mg	Ash[1]	*0.54*	g	32.42%	Calories from Carbohydrates
												44.73%	Calories from Protein

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000744 - Yogurt & Graham Craker

Recipe HACCP Process: #1 No Cook

Source:
Number of Portions: 1
Size of Portion: serving
Alternate Menu Name: Preschool Snack

Meat/Alt: 1 oz
Grains: 1 oz
Fruit: 0 Cup
Vegetable: 0 Cup
Milk: 0 Cup

904005s Yogurt Simply Go-Gurt Strawberry Lowfat.... 1 Tube
904184s Graham Crackers, Annie's..... 1 Packet

*Nutrients are based upon 1 Portion Size (serving)

Calories	205	kcal	Cholester	0.00	mg	Total Sugars	14.00	g	Calcium	230.00	mg	28.54%	Calories from Total Fat
						Added Sugars	3.00	g					
Total Fat	6.50	g	Sodium	135.00	mg	Protein	5.00	g	Iron	1.44	mg	2.20%	Calories from Sat Fat
Saturated F	0.50	g	Carbohydr	33.00	g	Vitamin A	300.00	RAE	Water[1]	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat	0.00	g	Dietary Fib	3.00	g	Vitamin C	0.00	mg	Ash[1]	*0.00*	g	64.39%	Calories from Carbohydrates
												9.76%	Calories from Protein

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