

Protein Pack - Cheese & Peanuts (LR1812) - (Protein Pack)

Allergens:Contains Milk, Peanuts;

Number of Servings:1.00Serving Size:1 Each

Moisture gain/loss%:0.0000Yield:4.401 Ounce

Waste gain/loss%:0.0000Fat gain/loss%:0.0000

Total Recipe Cost:\$0.5579Cost Per Serving:\$0.5579

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	58955	CHEESE, CUBED, IW, COLBY JACK (200/CS) , As Purchased	1 Pouch	0.3803	Cheese, Cubed, IW, Colby Jack LI100558	1 Pouch
2	2425	PEANUTS, SALTED, PRE-PACKAGED (GA PEANUT COMM-300/CS) , As Purchased	1 Bag	0.1684	Peanuts, Salted, IW (GA Peanut Commission) LI100586	1 Bag
3	10028	PRODUCE, FRUIT, GRAPES FRESH GREEN 18 LB CS , As Purchased	1/2 Cup	0.0092	PRODUCE, GRAPES, GREEN, 18 LB LI100268	1/2 Cup

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	60.38	18.46	25.79	18.95	18.419

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
216.487	14.524	4.441	0	16.03	202.593	13.959	1.747	9.969	0(M)	10.255	0.218(M)	161.547(M)	440.701(M)	1.936(M)	0(M)	24.11(M)	48.739(M)	0.29(M)

Nutrients per serving (124.762 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.095	18.121	5.541	0	20	252.76	17.416	2.18	12.437	0(M)	12.794	0.272(M)	201.55(M)	549.83(M)	2.416(M)	0(M)	30.08(M)	60.808(M)	0.362(M)

(M) Indicates missing nutrient values.

Protein Pack - Cheese, Grapes, Peanuts (LR1756) - (Protein Pack)

Allergens:

Meal Contribution:

Number of Servings:

Moisture gain/loss%:

Waste gain/loss%:

Total Recipe Cost:

Contains Milk, Peanuts;

1 Meat/MA, 1 WGR, 1/2 Fruit

1.00

0.0000

0.0000

\$0.5579

Serving Size:

Yield:

Fat gain/loss%:

Cost Per Serving:

1 Each

4.401 Ounce

0.0000

\$0.5579

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	58955	CHEESE, CUBED, IW, COLBY JACK (200/CS) , As Purchased	1 Pouch	0.3803	Cheese, Cubed, IW, Colby Jack LI100558	1 Pouch
2	2425	PEANUTS, SALTED, PRE-PACKAGED (GA PEANUT COMM-300/CS) , As Purchased	1 Bag	0.1684	Peanuts, Salted, IW (GA Peanut Commission) LI100586	1 Bag
3	10028	PRODUCE, FRUIT, GRAPES FRESH GREEN 18 LB CS , As Purchased	1/2 Cup	0.0092	PRODUCE, GRAPES, GREEN, 18 LB LI100268	1/2 Cup

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	60.38	18.46	25.79	18.95	18.419

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
216.487	14.524	4.441	0	16.03	202.593	13.959	1.747	9.969	0(M)	10.255	0.218(M)	161.547 (M)	440.701 (M)	1.936(M)	0(M)	24.11(M)	48.739 (M)	0.29(M)

Nutrients per serving (124.762 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
270.095	18.121	5.541	0	20	252.76	17.416	2.18	12.437	0(M)	12.794	0.272(M)	201.55 (M)	549.83 (M)	2.416(M)	0(M)	30.08(M)	60.808 (M)	0.362(M)

(M) Indicates missing nutrient values.

Allergens:Contains Peanuts, Wheat;

Meal Contribution:1 Meat/MA, 1 WGR, 1/2 Fruit

Number of Servings:1.00Serving Size:1 Each

Moisture gain/loss%:0.0000Yield:3.801 Ounce

Waste gain/loss%:0.0000Fat gain/loss%:0.0000

Total Recipe Cost:\$1.1943Cost Per Serving:\$1.1943

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	48015	PEANUT BUTTER, IND. CUPS, JIF (120/CS) , As Purchased	1 Each	0.3636	Peanut Butter, Ind. Cups LI100565	1 Each
2	19960	PRETZELS, HEARTZELS , As Purchased	1 Bag (0.70 oz.)	0.2983	Pretzels, Rold Gold 2018 LI100074	1 Bag (0.70 oz.)
3	90035	APPLES, SLICED, PRE-BAGGED , As Purchased	1 Bag (2.00 oz.)	0.5324	Fruit, Apples, Sliced, Pre-Packaged LI100101	1 Bag (2.00 oz.)

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	8.18	0.00	83.64	7.27	25.455

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
102.093 (M)	0.928(M)	0(M)	0(M)	0(M)	185.623 (M)	21.347 (M)	2.784(M)	6.497(M)	(M)	1.856(M)	0.742(M)	46.406 (M)	0(M)	11.137 (M)	(M)	0(M)	0(M)	0(M)

Nutrients per serving (107.745 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
110(M)	1(M)	0(M)	0(M)	0(M)	200(M)	23(M)	3(M)	7(M)	(M)	2(M)	0.8(M)	50(M)	0(M)	12(M)	(M)	0(M)	0(M)	0(M)

(M) Indicates missing nutrient values.

Allergens:Contains Peanuts, Wheat;

Meal Contribution:1 Meat/MA, 1 WGR, 1/2 Fruit

Number of Servings:1.00Serving Size:1 Each

Moisture gain/loss%:0.0000Yield:6 1/4 Ounce

Waste gain/loss%:0.0000Fat gain/loss%:0.0000

Total Recipe Cost:\$0.6735Cost Per Serving:\$0.6735

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	19960	PRETZELS, HEARTZELS , As Purchased	1 Bag (0.70 oz.)	0.2983	Pretzels, Rold Gold 2018 LI100074	1 Bag (0.70 oz.)
2	48015	PEANUT BUTTER, IND. CUPS, JIF (120/CS) , As Purchased	1 Each	0.3636	Peanut Butter, Ind. Cups LI100565	1 Each
3	10004	PRODUCE, FRUIT, BANANAS, REGULAR YELLOW or GREEN , As Purchased	1 NLEA serving	0.0117	PRODUCE, BANANAS LI100264	1 NLEA serving

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	6.63	0.66	93.22	7.02	34.163

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
108.526 (M)	0.8(M)	0.08(M)	0(M)	0(M)	113.677 (M)	25.292 (M)	2.98(M)	9.269(M)	(M)	1.905(M)	0.637(M)	20.503 (M)	45.548 (M)	6.192(M)	(M)	0(M)	53.312 (M)	0.583(M)

Nutrients per serving (177.045 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
192.14 (M)	1.416(M)	0.141(M)	0(M)	0(M)	201.26 (M)	44.778 (M)	5.276(M)	16.41(M)	(M)	3.373(M)	1.128(M)	36.3(M)	80.64(M)	10.962 (M)	(M)	0(M)	94.387 (M)	1.033(M)

(M) Indicates missing nutrient values.

Protein Pack - Yogurt (LR1754) - (Yogurt Protein Pack)

Marketing Description: Danimals yogurt cup, Craisins & Rockin Ola Granola

Allergens: Contains Corn/Corn Products, Milk;

Meal Contribution: 1 Meat/MA, 1 WGR, 1/2 Fruit

Number of Servings: 1.00 Serving Size: 1 Each

Moisture gain/loss%: 0.0000 Yield: 6.204 Ounce

Waste gain/loss%: 0.0000 Fat gain/loss%: 0.0000

Total Recipe Cost: \$0.8361 Cost Per Serving: \$0.8361

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	75122	YOGURT, INDIVIDUAL, VANILLA , As Purchased	1 Each	0.2698	Yogurt, Danimals, Vanilla LI100086	1 Each
2	7127	CRAISINS, CHERRY (200/cs) , As Purchased	1 Package	0.2673	Fruit, Craisins, Cherry LI100088	1 Package
3	15346	GRANOLA, CHOCOLATE, IW , As Purchased	1 Package	0.2989	Granola, Chocolate, Rockin'ola, IW LI100465	1 Package

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	8.71	0.00	80.00	9.03	52.903

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
176.251	1.706	0	0	2.843	65.383	35.25	2.843	23.311	2.843(M)	3.98	0.409	85.283 (M)	0(M)	0(M)	(M)	56.918 (M)	(M)	(M)

Nutrients per serving (175.886 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
310	3	0	0	5	115	62	5	41	5(M)	7	0.72	150(M)	0(M)	0(M)	(M)	100.11 (M)	(M)	(M)

(M) Indicates missing nutrient values.