



Sizing Prep Report

American Dairy Association North East

990073 - 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
900352	CHEESE,"SCHOOL CHOICE STRING CHEESE MOZZARELL	3 LB + 2 oz	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. Assemble all items in a 3 or 4 compartment plastic tray with lid. Note: grapes can be small clusters totaling 10 each. Other fresh fruits can replace the grapes. CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.
009132	GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON	50 (10 grapes)	
119174	Nutri-Grain Cereal Bar Apple Cinnamon	50 Piece/Portion/Unit/Item/S	
009206	ORANGE JUICE,RAW	200 FL OZ	

*Nutrients are based upon 1 Portion Size (EACH)

Calories¹	300.867 kcal	Total Fat	8.841 g	Total Dietary Fiber	3.279 g	Vitamin C	63.568 mg	26.447% Calories from Total Fat
Saturated Fat¹	3.823 g	Trans Fat²	*0.037* g	Protein	11.008 g	Iron	2.314 mg	11.437% Calories from Sat Fat
Sodium¹	283.600 mg	Cholesterol	16.159 mg	Vitamin A	1212.901 IU	Water	*162.281* g	*0.111%* Calories from Trans Fat
Sugars	*18.001* g	Carbohydrate	46.527 g	Calcium	427.177 mg	Ash	*N/A* g	61.857% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			14.635% 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

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.