



Sizing Prep Report

American Dairy Association North East

990099 - Fruit & Cheese Bento Box

Recipe HACCP Process: #1 No Cook

Source: DSB

Number of Portions: 50

Portion Size: EACH

Ingredient #	Ingredient Name	Measurements	Instructions
799963	APPLES, FRESH, GRANNY SMITH, WITH SKIN	25 medium (3" dia)	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. Remove sticker,wash,and slice apple into wedges (use an apple corer/wedger). Toss with orange juice and drain.
009206	ORANGE JUICE,RAW	1 1/2 CUP + 1 tbsp	
009132	GRAPES,RED OR GRN (EURO TYPE,SUCH AS THOMPSON	25 (10 grapes)	
121836	Mozzarella String Cheese, 1 oz - Zee Zees	50 Ounces	Assemble box using a three compartment box Largest Compartment: Bagel,cream cheese PC,and 1 of each cheese stick. Place the apple in a small compartment,and the washed grapes in the other compartment. CCP: Hold for cold service at 41° F or lower. CCP: Refrigerate until served.
119040	Pepper Jack Cheese Stick	50 Ounce	
900351	CHEESE,"SCHOOL CHOICE NEUFCHATEL CREAM CHEESE	3 LB + 2 oz	
121513	Bagels, Honey Wheat, Whole Grain, Sliced, Bul	50 (2 OZ)	

*Nutrients are based upon 1 Portion Size (EACH)

Calories ¹	473.948 kcal	Total Fat	20.379 g	Total Dietary Fiber	5.438 g	Vitamin C	*8.863* mg	38.698% Calories from Total Fat
Saturated Fat ¹	13.321 g	Trans Fat ²	*0.000* g	Protein	21.358 g	Iron	*0.273* mg	25.296% Calories from Sat Fat
Sodium ¹	695.971 mg	Cholesterol	68.993 mg	Vitamin A	*1208.804* IU	Water	*45.062* g	*0.000%* Calories from Trans Fat
Sugars	*7.444* g	Carbohydrate	52.698 g	Calcium	*926.760* mg	Ash	*N/A* g	44.476% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			18.026% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	2 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.