

Recipe Cards

for Chippewa Valley Schools

Recipe Category: Snacks; Don't Show Inactive Items

Recipe: 1031

Baked Cheetos

Recipe Information



Name: Baked Cheetos
#191090
Category: Snacks
Notes:

Serving Size: 1 Baked Cheetos

Standard Yield: 1 servings

Nutrition Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 25.000g	Total Fat 5.000g	8%	Total Carbohydrate 20.000g	7%	Vitamin A (IU) 0.000 IU	0%
Calories 130.000	Saturated 1.000g	5%	Dietary Fiber 0.000g	0%	Vitamin C 0.000mg	0%
from Fat. 34.615%	Trans Fat** 0.000g		Sugars	N/A	Calcium 100.000mg	10%
from Sat. Fat. 6.923%	Cholesterol 0.000mg	0%	Ash	N/A	Iron 2.700mg	15%
from Carbs 61.538%	Sodium 150.000mg	6%	Moisture	N/A		
from Protein 6.154%	Protein 2.000g	4%				

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pkg Baked Cheetos (GFS - 191090)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1380

Baked Hot Cheetos 0.875oz

Recipe Information



Name: Baked Hot Cheetos 0.875oz
#

Category: Snacks
Notes:

Serving Size: 1 Package

Standard Yield: 1 servings

Nutrition Facts

		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	24.500g	Total Fat	4.500g	7%	Total Carbohydrate	17.000g	6%	Vitamin A (IU)	500.000 IU	10%
Calories	120.000	Saturated	0.500g	2%	Dietary Fiber	0.000g	0%	Vitamin C	0.000mg	0%
from Fat.	33.75%	Trans Fat**	0.000g		Sugars	N/A		Calcium	100.000mg	10%
from Sat. Fat.	3.75%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.720mg	4%
from Carbs	56.667%	Sodium	210.000mg	9%	Moisture	N/A				
from Protein	6.667%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Baked Hot Cheetos 0.875oz

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1480

Baked Lays BBQ 1.125oz

Recipe Information



Name: Baked Lays BBQ 1.125oz
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	31.890g		Total Fat	3.500g	5%	Total Carbohydrate	24.000g	8%	Vitamin A (IU)	100.000 IU	2%
Calories	140.000		Saturated	0.500g	2%	Dietary Fiber	2.000g	8%	Vitamin C	1.200mg	2%
from Fat.	22.5%		Trans Fat**	0.000g		Sugars	4.000g		Calcium	0.000mg	0%
from Sat. Fat.	3.214%		Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.360mg	2%
from Carbs	68.571%		Sodium	220.000mg	9%	Moisture	N/A				
from Protein	5.714%		Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Baked Lays BBQ 1.125oz (712550)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1477

Baked Lays KC Masterpiece 0.875oz

Recipe Information



Name: Baked Lays KC Masterpiece 0.875oz
#575570

Serving Size: 1 Package

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size:	24.810g	Total Fat	2.500g	4%	Total Carbohydrate	19.000g	6%	
Calories	110.000	Saturated	0.000g	0%	Dietary Fiber	2.000g	8%	
from Fat.	20.455%	Trans Fat**	0.000g		Sugars	3.000g		
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	69.091%	Sodium	170.000mg	7%	Moisture	N/A		
from Protein	7.273%	Protein	2.000g	4%				
						Vitamin A (IU)	100.000 IU	2%
						Vitamin C	1.200mg	2%
						Calcium	0.000mg	0%
						Iron	0.000mg	0%

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Baked Lays KC Masterpiece 0.875oz
#575570 (575570)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1479

Baked Lays Original 0.875oz

Recipe Information



Name: Baked Lays Original 0.875oz
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts

Serving Size: 24.950g
 Calories 100.000
 from Fat. 13.5%
 from Sat. Fat. 0%
 from Carbs 80%
 from Protein 8%

Amount Per Serving	% Daily Value*
Total Fat 1.500g	2%
Saturated 0.000g	0%
Trans Fat** 0.000g	
Cholesterol 0.000mg	0%
Sodium 115.000mg	5%
Protein 2.000g	4%

Amount Per Serving	% Daily Value*
Total Carbohydrate 20.000g	7%
Dietary Fiber 2.000g	8%
Sugars 2.000g	
Ash N/A	
Moisture N/A	

Amount Per Serving	% Daily Value*
Vitamin A (IU) 0.000 IU	0%
Vitamin C 1.200mg	2%
Calcium 0.000mg	0%
Iron 0.000mg	0%

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Baked Lays Original 0.875oz (714230)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1481

Baked Lays Original 1.125oz

Recipe Information



Name: Baked Lays Original 1.125oz
Category: Snacks
Notes:

Serving Size: 1 Package
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size: 31.890g		Total Fat	2.000g	3%	Total Carbohydrate	26.000g	9%	Vitamin A (IU)	0.000 IU	0%
Calories	130.000	Saturated	0.000g	0%	Dietary Fiber	2.000g	8%	Vitamin C	2.400mg	4%
from Fat.	13.846%	Trans Fat**	0.000g		Sugars	2.000g		Calcium	0.000mg	0%
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.360mg	2%
from Carbs	80%	Sodium	150.000mg	6%	Moisture	N/A				
from Protein	6.154%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Baked Lays Original 1.125oz (712560)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1478

Baked Lays Sour Cream & Onion 0.875oz

Recipe Information



Name: Baked Lays Sour Cream & Onion 0.875oz

Category: Snacks

Notes:

Serving Size: 1 Package

Standard Yield: 1 servings

Nutrition Facts

		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	24.810g	Total Fat	2.500g	4%	Total Carbohydrate	18.000g	6%	Vitamin A (IU)	0.000 IU	0%
Calories	100.000	Saturated	0.000g	0%	Dietary Fiber	1.000g	4%	Vitamin C	1.200mg	2%
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	3.000g		Calcium	0.000mg	0%
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.000mg	0%
from Carbs	72%	Sodium	140.000mg	6%	Moisture	N/A				
from Protein	8%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Baked Lays Sour Cream & Onion 0.875oz (192331)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1482

Baked Lays Sour Cream & Onion 1.125oz

Recipe Information



Name: Baked Lays Sour Cream & Onion 1.125oz
Category: Snacks
Notes:

Serving Size: 1 Package
Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	31.890g		Total Fat	3.500g	5%	Total Carbohydrate	24.000g	8%	Vitamin A (IU)	0.000 IU	0%
Calories	130.000		Saturated	0.500g	2%	Dietary Fiber	1.000g	4%	Vitamin C	1.200mg	2%
from Fat.	24.231%		Trans Fat**	0.000g		Sugars	3.000g		Calcium	20.000mg	2%
from Sat. Fat.	3.462%		Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.000mg	0%
from Carbs	73.846%		Sodium	190.000mg	8%	Moisture	N/A				
from Protein	6.154%		Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Baked Lays Sour Cream & Onion 1.125oz (712540)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1483

Blue Ribbon Classic Fudge Bar

Recipe Information



Name: Blue Ribbon Classic Fudge Bar
 Category: Snacks
 Notes:

Serving Size: 1 Bar
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 92.000g		Total Fat	1.500g	2%	Total Carbohydrate	25.000g	8%	
Calories	130.000	Saturated	1.000g	5%	Dietary Fiber	0.500g	2%	
from Fat.	10.385%	Trans Fat**	0.000g		Sugars	21.000g		
from Sat. Fat.	6.923%	Cholesterol	5.000mg	2%	Ash	N/A		
from Carbs	76.923%	Sodium	95.000mg	4%	Moisture	N/A		
from Protein	15.385%	Protein	5.000g	10%				
						Vitamin A (IU)	100.000 IU	2%
						Vitamin C	0.000mg	0%
						Calcium	150.000mg	15%
						Iron	0.720mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Blue Ribbon Classic Fudge Bar

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1565

Bonzer Cookie 1.5z

Recipe Information



Name: Bonzer Cookie 1.5z Carnival
 Category: Snacks
 Notes:

Serving Size: 1 Cookie
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size:	42.500g	Total Fat	6.000g	9%	Total Carbohydrate	27.000g	9%
Calories	175.000	Saturated	1.500g	8%	Dietary Fiber	1.500g	6%
from Fat.	30.857%	Trans Fat**	0.000g		Sugars	14.000g	
from Sat. Fat.	7.714%	Cholesterol	7.000mg	2%	Ash	N/A	
from Carbs	61.714%	Sodium	110.000mg	5%	Moisture	N/A	
from Protein	4.571%	Protein	2.000g	4%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.720mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Cookie Bonzer Cookie 1.5z Carnival

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1318

Bonzer Cookie 1.5z

Recipe Information



Name: Bonzer Cookie 1.5z Choclate Chip
 Category: Snacks
 Notes:

Serving Size: 1 Cookie
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size:	42.500g	Total Fat	6.000g	9%	Total Carbohydrate	27.000g	9%
Calories	165.000	Saturated	1.500g	8%	Dietary Fiber	1.500g	6%
from Fat.	32.727%	Trans Fat**	0.000g		Sugars	14.000g	
from Sat. Fat.	8.182%	Cholesterol	5.000mg	2%	Ash	N/A	
from Carbs	65.455%	Sodium	105.000mg	4%	Moisture	N/A	
from Protein	3.636%	Protein	1.500g	3%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.720mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Cookie Bonzer Cookie 1.5z Choclate Chip

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1385

Bonzer Cookie 1.5z

Recipe Information



Name: Bonzer Cookie 1.5z Double Chocolate Chip
 Category: Snacks
 Notes:

Serving Size: 1 Cookie
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size:	42.500g	Total Fat	6.000g	9%	Total Carbohydrate	27.000g	9%	
Calories	165.000	Saturated	1.500g	8%	Dietary Fiber	1.500g	6%	
from Fat.	32.727%	Trans Fat**	0.000g		Sugars	14.000g		
from Sat. Fat.	8.182%	Cholesterol	5.000mg	2%	Ash	N/A		
from Carbs	65.455%	Sodium	105.000mg	4%	Moisture	N/A		
from Protein	3.636%	Protein	1.500g	3%				
						Vitamin A (IU)	0.000 IU	0%
						Vitamin C	0.000mg	0%
						Calcium	0.000mg	0%
						Iron	0.720mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Cookie Bonzer Cookie 1.5z Chocolate Chip

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1376

Cheeto Puffs Hot

Recipe Information



Name: Cheeto Puffs Hot
#537881

Serving Size: 1 Package

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size:	20.000g	Total Fat	3.500g	5%	Total Carbohydrate	14.000g	5%	
Calories	90.000	Saturated	0.000g	0%	Dietary Fiber	1.000g	4%	
from Fat.	35%	Trans Fat**	0.000g		Sugars	N/A		
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	62.222%	Sodium	135.000mg	6%	Moisture	N/A		
from Protein	8.889%	Protein	2.000g	4%				
						Vitamin A (IU)	0.000 IU	0%
						Vitamin C	0.000mg	0%
						Calcium	80.000mg	8%
						Iron	0.720mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Cheeto Puffs Hot

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1323

Cheetos Puffs

Recipe Information



Name: Cheetos Puffs
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size: 20.000g			Total Fat	4.000g	6%	Total Carbohydrate	14.000g	5%	Vitamin A (IU)	0.000 IU	0%
Calories	90.000		Saturated	0.000g	0%	Dietary Fiber	0.000g	0%	Vitamin C	0.000mg	0%
from Fat.	40%		Trans Fat**	0.000g		Sugars	N/A		Calcium	100.000mg	10%
from Sat. Fat.	0%		Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.720mg	4%
from Carbs	62.222%		Sodium	135.000mg	6%	Moisture	N/A				
from Protein	8.889%		Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Cheetos Puffs (537871)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1387

Cheez It Atomic Cheddar 0.75oz

Recipe Information



Name: Cheez It Atomic Cheddar 0.75oz
Category: Snacks
Notes:

Serving Size: 1 Package
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	21.000g	Total Fat	3.500g	5%	Total Carbohydrate	14.000g	5%	Vitamin A (IU)	500.000 IU	10%
Calories	100.000	Saturated	1.000g	5%	Dietary Fiber	1.000g	4%	Vitamin C	0.000mg	0%
from Fat.	31.5%	Trans Fat**	0.000g		Sugars	0.000g		Calcium	100.000mg	10%
from Sat. Fat.	9%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.720mg	4%
from Carbs	56%	Sodium	200.000mg	8%	Moisture	N/A				
from Protein	8%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Cheez It Atomic Cheddar 0.75oz

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1361

Chocolate Caramel Chex 1.03oz

Recipe Information



Name: Chocolate Caramel Chex 1.03oz
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 29.000g		Total Fat	4.000g	6%	Total Carbohydrate	22.000g	7%
Calories	130.000	Saturated	1.000g	5%	Dietary Fiber	2.000g	8%
from Fat.	27.692%	Trans Fat**	0.000g		Sugars	8.000g	
from Sat. Fat.	6.923%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	67.692%	Sodium	65.000mg	3%	Moisture	N/A	
from Protein	6.154%	Protein	2.000g	4%			
						Vitamin A (IU)	N/A
						Vitamin C	N/A
						Calcium	N/A
						Iron	0.720mg
							4%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch Chocolate Caramel Chex 1.03oz

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1572

Cinnamon Gripz

Recipe Information



Name: Cinnamon Gripz 805640
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 25.000g		Total Fat	3.000g	5%	Total Carbohydrate	19.000g	6%	
Calories	100.000	Saturated	1.000g	5%	Dietary Fiber	3.000g	12%	
from Fat.	27%	Trans Fat**	0.000g		Sugars	5.000g		
from Sat. Fat.	9%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	76%	Sodium	80.000mg	3%	Moisture	N/A		
from Protein	8%	Protein	2.000g	4%				
						Vitamin A (IU)	750.000 IU	15%
						Vitamin C	0.000mg	0%
						Calcium	100.000mg	10%
						Iron	0.720mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Cinnamon Gripz 805640 (805640)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1320

Cinnamon Toast Crunch Cereal Bar

Recipe Information



Name: Cinnamon Toast Crunch Cereal Bar
 Category: Snacks
 Notes:

Serving Size: 1 Bar
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 40.000g		Total Fat	3.000g	5%	Total Carbohydrate	30.000g	10%
Calories	150.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%
from Fat.	18%	Trans Fat**	0.000g		Sugars	N/A	
from Sat. Fat.	3%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	80%	Sodium	115.000mg	5%	Moisture	N/A	
from Protein	8%	Protein	3.000g	6%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	200.000mg
						Iron	1.440mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Cinnamon Toast Crunch Cereal Bar (265891)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1371

Cinnamon Toast Crunch Crisps 1oz

Recipe Information



Name: Cinnamon Toast Crunch Crisps 1oz
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size:	28.000g	Total Fat	3.000g	5%	Total Carbohydrate	22.000g	7%	
Calories	120.000	Saturated	0.500g	3%	Dietary Fiber	1.000g	4%	
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	8.000g		
from Sat. Fat.	3.75%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	73.333%	Sodium	160.000mg	7%	Moisture	N/A		
from Protein	3.333%	Protein	1.000g	2%				
						Vitamin A (IU)	400.000 IU	8%
						Vitamin C	4.800mg	8%
						Calcium	80.000mg	8%
						Iron	3.600mg	20%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch Cinnamon Toast Crunch Crisps 1oz (624410)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1321

Cocoa Puffs Cereal Bar

Recipe Information



Name: Cocoa Puffs Cereal Bar
 Category: Snacks
 Notes:

Serving Size: 1 Cereal Bar
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 40.000g		Total Fat	3.000g	5%	Total Carbohydrate	30.000g	10%	
Calories	150.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%	
from Fat.	18%	Trans Fat**	0.000g		Sugars	N/A		
from Sat. Fat.	3%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	80%	Sodium	110.000mg	5%	Moisture	N/A		
from Protein	8%	Protein	3.000g	6%				
						Vitamin A (IU)	100.000 IU	2%
						Vitamin C	1.200mg	2%
						Calcium	200.000mg	20%
						Iron	1.800mg	10%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Cocoa Puffs Cereal Bar (265901)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1403

Chocolate Elf Grahams

Recipe Information



Name: Cookies; Keebler Elf Graham Crackers, Chocolate,
150/1 oz

Serving Size: 1 Package

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size:	28.000g	Total Fat	4.060g	6%	Total Carbohydrate	20.244g	7%	
Calories	122.360	Saturated	1.064g	5%	Dietary Fiber	1.680g	7%	
from Fat.	29.863%	Trans Fat**	0.056g		Sugars	N/A		
from Sat. Fat.	7.826%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	66.178%	Sodium	125.440mg	5%	Moisture	N/A		
from Protein	7.323%	Protein	2.240g	4%				
						Vitamin A (IU)	500.080 IU	10%
						Vitamin C	0.000mg	0%
						Calcium	99.988mg	10%
						Iron	1.092mg	6%

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

28 g Cookies; Keebler Elf Graham Crackers, Chocolate, 150/1 oz (40239)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1485

Cool Daze Low Fat Chocolate Sundae Crunch Bar

Recipe Information



Name: Cool Daze Low Fat Chocolate Sundae Crunch Bar
Category: Snacks
Notes:

Serving Size: 1 Bar
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 75.000g		Total Fat 5.000g	8%	Total Carbohydrate 25.000g	8%	Vitamin A (IU) 100.000 IU	2%
Calories 160.000		Saturated 1.500g	8%	Dietary Fiber 0.500g	2%	Vitamin C 0.000mg	0%
from Fat. 28.125%		Trans Fat** 0.000g		Sugars 16.000g		Calcium 200.000mg	20%
from Sat. Fat. 8.438%		Cholesterol 3.000mg	1%	Ash N/A		Iron 0.360mg	2%
from Carbs 62.5%		Sodium 75.000mg	3%	Moisture N/A			
from Protein 7.5%		Protein 3.000g	6%				

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Cool Daze Low Fat Chocolate Sundae Crunch Bar

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1484

Cool Daze Low Fat Ice Cream Sandwich

Recipe Information



Name: Cool Daze Low Fat Ice Cream Sandwich
 Category: Snacks
 Notes:

Serving Size: 1 Sandwich
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size:	55.000g	Total Fat	2.500g	4%	Total Carbohydrate	25.000g	8%	
Calories	130.000	Saturated	1.000g	5%	Dietary Fiber	0.750g	3%	
from Fat.	17.308%	Trans Fat**	0.000g		Sugars	12.000g		
from Sat. Fat.	6.923%	Cholesterol	5.000mg	2%	Ash	N/A		
from Carbs	76.923%	Sodium	105.000mg	4%	Moisture	N/A		
from Protein	9.231%	Protein	3.000g	6%				
						Vitamin A (IU)	100.000 IU	2%
						Vitamin C	0.000mg	0%
						Calcium	200.000mg	20%
						Iron	0.000mg	0%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Sandwich Cool Daze Low Fat Ice Cream Sandwich

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1486

Cool Daze Low Fat Strawberry Sundae Crunch Bar

Recipe Information



Name: Cool Daze Low Fat Strawberry Sundae Crunch Bar
 Category: Snacks
 Notes:

Serving Size: 1 Bar
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 73.000g		Total Fat	5.000g	8%	Total Carbohydrate	26.000g	9%
Calories	160.000	Saturated	1.000g	5%	Dietary Fiber	0.000g	0%
from Fat.	28.125%	Trans Fat**	0.000g		Sugars	16.000g	
from Sat. Fat.	5.625%	Cholesterol	3.000mg	1%	Ash	N/A	
from Carbs	65%	Sodium	70.000mg	3%	Moisture	N/A	
from Protein	7.5%	Protein	3.000g	6%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	200.000mg
						Iron	0.000mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Cool Daze Low Fat Strawberry Sundae Crunch Bar

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1476

Cool Ranch Doritos Reduced Fat

Recipe Information



Name: Cool Ranch Doritos Reduced Fat
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 28.000g		Total Fat	5.000g	8%	Total Carbohydrate	19.000g	6%
Calories	130.000	Saturated	1.000g	5%	Dietary Fiber	2.000g	8%
from Fat.	34.615%	Trans Fat**	0.000g		Sugars	1.000g	
from Sat. Fat.	6.923%	Cholesterol	N/A		Ash	N/A	
from Carbs	58.462%	Sodium	160.000mg	7%	Moisture	N/A	
from Protein	6.154%	Protein	2.000g	4%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	40.000mg
						Iron	0.360mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Cool Ranch Doritos Reduced Fat (541502)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1354

CV Annie's Bunny Grahams Friends

Recipe Information



Name: Copy of CV Annie's Bunny Grahams - Friends
#643012

Serving Size: 1 Package

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	35.000g	Total Fat	6.000g	9%	Total Carbohydrate	25.000g	8%	Vitamin A (IU)	0.000 IU	0%
Calories	160.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%	Vitamin C	0.000mg	0%
from Fat.	33.75%	Trans Fat**	0.000g		Sugars	9.000g		Calcium	250.000mg	25%
from Sat. Fat.	2.813%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	1.080mg	6%
from Carbs	62.5%	Sodium	110.000mg	5%	Moisture	N/A				
from Protein	7.5%	Protein	3.000g	6%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Copy of CV Annie's Bunny Grahams - Friends
#643012 (643012)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1655

Curious George Fruit Snack

Recipe Information



Name: Curious George Fruit Snack
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts										
		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size: 23.000g		Total Fat	0.500g	1%	Total Carbohydrate	20.000g	7%	Vitamin A (IU)	0.000 IU	0%
Calories	90.000	Saturated	0.000g	0%	Dietary Fiber	0.000g	0%	Vitamin C	60.000mg	100%
from Fat.	10%	Trans Fat**	0.000g		Sugars	9.000g		Calcium	0.000mg	0%
from Sat. Fat.	10%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.000mg	0%
from Carbs	97.778%	Sodium	10.000mg	0%	Moisture	N/A				
from Protein	0%	Protein	0.000g	0%						
								*Percent Dietary Values are based on a 2000 calorie diet.		
								**Trans Fat values are provided for informational purposes, not for monitoring purposes.		

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Curious George Fruit Snack (GFS - 162531)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1032

CV Annie's Bunny Grahams

Recipe Information



Name: CV Annie's Bunny Grahams - Honey
#643052

Serving Size: 1 Package

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size:	35.000g	Total Fat	6.000g	9%	Total Carbohydrate	26.000g	9%	
Calories	160.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%	
from Fat.	33.75%	Trans Fat**	0.000g		Sugars	8.000g		
from Sat. Fat.	2.813%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	65%	Sodium	150.000mg	6%	Moisture	N/A		
from Protein	7.5%	Protein	3.000g	6%				
						Vitamin A (IU)	0.000 IU	0%
						Vitamin C	0.000mg	0%
						Calcium	250.000mg	25%
						Iron	0.720mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package CV Annie's Bunny Grahams - Honey
#643052 (643052)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1382

CV Baked Cheddar Sour Cream Ruffles

Recipe Information



Name: CV Baked Cheddar Sour Cream Ruffles #405983
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 22.700g		Total Fat	3.000g	5%	Total Carbohydrate	17.000g	6%
Calories	100.000	Saturated	0.000g	0%	Dietary Fiber	1.000g	4%
from Fat.	27%	Trans Fat**	0.000g		Sugars	2.000g	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	68%	Sodium	200.000mg	8%	Moisture	N/A	
from Protein	4%	Protein	1.000g	2%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.000mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package CV Baked Cheddar Sour Cream Ruffles #405983 (405983)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1614

CV Baked Tostitos Scoops

Recipe Information



Name: CV Baked Tostitos Scoops #696871
 Category: Snacks
 Notes: 1 Bag = 1.25oz grain

Serving Size: 1 Bag
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 24.800g		Total Fat	2.500g	4%	Total Carbohydrate	19.000g	6%
Calories	110.000	Saturated	0.000g	0%	Dietary Fiber	2.000g	8%
from Fat.	20.455%	Trans Fat**	0.000g		Sugars	0.000g	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	69.091%	Sodium	125.000mg	5%	Moisture	N/A	
from Protein	7.273%	Protein	2.000g	4%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	20.000mg
						Iron	0.360mg

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bag CV Baked Tostitos Scoops #696871 (696871)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1392

CV Cheetos Fantastix

Recipe Information



Name: CV Cheetos Fantastix Chili Cheese
#256371

Serving Size: 1 Package

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts

	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 28.350g	Total Fat 5.000g	8%	Total Carbohydrate 19.000g	6%	Vitamin A (IU) 500.000 IU	10%
Calories 130.000	Saturated 1.000g	5%	Dietary Fiber 2.000g	8%	Vitamin C 0.000mg	0%
from Fat. 34.615%	Trans Fat** 0.000g		Sugars 1.000g		Calcium 0.000mg	0%
from Sat. Fat. 6.923%	Cholesterol 0.000mg	0%	Ash N/A		Iron 0.720mg	4%
from Carbs 58.462%	Sodium 200.000mg	8%	Moisture N/A			
from Protein 6.154%	Protein 2.000g	4%				

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package CV Cheetos Fantastix Chili Cheese
#256371

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1394

CV Cheetos Fantastix Hot

Recipe Information



Name: CV Cheetos Fantastix Hot
#256363

Serving Size: 1 Package

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 28.350g		Total Fat	5.000g	8%	Total Carbohydrate	20.000g	7%	
Calories	130.000	Saturated	1.000g	5%	Dietary Fiber	2.000g	8%	
from Fat.	34.615%	Trans Fat**	0.000g		Sugars	1.000g		
from Sat. Fat.	6.923%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	61.538%	Sodium	200.000mg	8%	Moisture	N/A		
from Protein	6.154%	Protein	2.000g	4%				
						Vitamin A (IU)	500.000 IU	10%
						Vitamin C	0.000mg	0%
						Calcium	0.000mg	0%
						Iron	0.720mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package CV Cheetos Fantastix Hot
#256363 (256363)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1447

CV KIND Bar Dark Chocolate Chunk

Recipe Information



Name: CV KIND Bar Dark Chocolate Chunk #512471

Category: Snacks

Notes:

Serving Size: 1 Bar
Standard Yield: 1 servings

Nutrition Facts	Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*
Serving Size: 35.000g	Total Fat	5.000g	8%	Total Carbohydrate	23.000g	8%	Vitamin A (IU)	0.000 IU	0%
Calories 150.000	Saturated	1.500g	8%	Dietary Fiber	2.500g	10%	Vitamin C	0.000mg	0%
from Fat. 30%	Trans Fat**	0.000g		Sugars	8.000g		Calcium	20.000mg	2%
from Sat. Fat. 9%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	1.080mg	6%
from Carbs 61.333%	Sodium	70.000mg	3%	Moisture	N/A				
from Protein 5.333%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar CV KIND Bar Dark Chocolate Chunk #512471 (512471)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1675

CV KIND Oats & Honey

Recipe Information



Name: CV KIND Bar Oats & Honey #512491
 Category: Snacks
 Notes:

Serving Size: 1 ar
 Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size: 35.000g			Total Fat	5.000g	8%	Total Carbohydrate	23.000g	8%	Vitamin A (IU)	0.000 IU	0%
Calories	150.000		Saturated	1.500g	8%	Dietary Fiber	2.500g	10%	Vitamin C	0.000mg	0%
	from Fat.	30%	Trans Fat**	0.000g		Sugars	6.000g		Calcium	20.000mg	2%
	from Sat. Fat.	9%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	1.080mg	6%
	from Carbs	61.333%	Sodium	100.000mg	4%	Moisture	N/A				
	from Protein	5.333%	Protein	2.000g	4%						
							*Percent Dietary Values are based on a 2000 calorie diet.				
							**Trans Fat values are provided for informational purposes, not for monitoring purposes.				

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar CV KIND Bar Oats & Honey #512491 (512491)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1381

CV Mini Rice Krispie Treat

Recipe Information



Name: CV Mini Rice Krispie Treat #565002
 Category: Snacks
 Notes:

Serving Size: 1 Each
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 12.000g		Total Fat	1.000g	2%	Total Carbohydrate	9.000g	3%
Calories	50.000	Saturated	0.000g	0%	Dietary Fiber	0.000g	0%
from Fat.	18%	Trans Fat**	0.000g		Sugars	9.000g	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	72%	Sodium	45.000mg	2%	Moisture	N/A	
from Protein	0%	Protein	0.000g	0%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.360mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Each CV Mini Rice Krispie Treat #565002 (656002)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1417

CV Oikos Greek Yogurt - Strawberry

Recipe Information



Name: CV Oikos Greek Yogurt - Strawberry #114381
Category: Snacks
Notes:

Serving Size: 1 Yogurt
Standard Yield: 1 servings

Nutrition Facts

Serving Size: 150.000g
Calories 120.000
from Fat. 0%
from Sat. Fat. 0%
from Carbs 63.333%
from Protein 40%

Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Total Fat	0.000g	0%	Total Carbohydrate	19.000g	6%	Vitamin A (IU)	0.000 IU	0%
Saturated	0.000g	0%	Dietary Fiber	0.000g	0%	Vitamin C	0.000mg	0%
Trans Fat**	0.000g		Sugars	18.000g		Calcium	150.000mg	15%
Cholesterol	5.000mg	2%	Ash	N/A		Iron	0.000mg	0%
Sodium	50.000mg	2%	Moisture	N/A				
Protein	12.000g	24%						

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Each CV Oikos Greek Yogurt - Strawberry #114381 (114381)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1446

CV Oikos Greek Yogurt - Vanilla

Recipe Information



Name: CV Oikos Greek Yogurt - Vanilla #894410

Category: Snacks

Notes:

Serving Size: 1 Yogurt
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size: 150.000g		Total Fat	0.000g	0%	Total Carbohydrate	19.000g	6%	Vitamin A (IU)	0.000 IU	0%
Calories 120.000		Saturated	0.000g	0%	Dietary Fiber	0.000g	0%	Vitamin C	0.000mg	0%
from Fat. 0%		Trans Fat**	0.000g		Sugars	18.000g		Calcium	150.000mg	15%
from Sat. Fat. 0%		Cholesterol	5.000mg	2%	Ash	N/A		Iron	0.000mg	0%
from Carbs 63.333%		Sodium	45.000mg	2%	Moisture	N/A				
from Protein 40%		Protein	12.000g	24%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package CV Oikos Greek Yogurt - Vanilla #894410

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1673

CV Oven Roasted Turkey Breast Stick

Recipe Information



Name: CV Oven Roasted Turkey Breast Stick
 Category: Snacks
 Notes:

Serving Size: 1 Stick
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 21.000g		Total Fat	0.500g	1%	Total Carbohydrate	0.000g	0%
Calories	25.000	Saturated	0.000g	0%	Dietary Fiber	0.000g	0%
from Fat.	18%	Trans Fat**	0.000g		Sugars	0.000g	
from Sat. Fat.	0%	Cholesterol	10.000mg	3%	Ash	N/A	
from Carbs	0%	Sodium	85.000mg	4%	Moisture	N/A	
from Protein	80%	Protein	5.000g	10%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.000mg

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Stick CV Oven Roasted Turkey Breast Stick

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1676

CV Smartfood Caramel Sea Salt Popcorn

Recipe Information



Name: CV Smartfood Caramel Sea Salt Popcorn #644812
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	14.170g		Total Fat	2.500g	4%	Total Carbohydrate	10.000g	3%	Vitamin A (IU)	0.000 IU	0%
Calories	70.000		Saturated	0.000g	0%	Dietary Fiber	2.000g	8%	Vitamin C	0.000mg	0%
from Fat.	32.143%		Trans Fat**	0.000g		Sugars	0.000g		Calcium	0.000mg	0%
from Sat. Fat.	0%		Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.360mg	2%
from Carbs	57.143%		Sodium	115.000mg	5%	Moisture	N/A				
from Protein	5.714%		Protein	1.000g	2%						

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package CV Smartfood Caramel Sea Salt Popcorn #644812 (644812)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1674

CV Smokehouse Turkey Stick

Recipe Information



Name: CV Smokehouse Turkey Stick Jennie-O

Category: Snacks

Notes:

Serving Size: 1 Stick
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size:	25.000g	Total Fat	0.500g	1%	Total Carbohydrate	0.000g	0%
Calories	25.000	Saturated	0.000g	0%	Dietary Fiber	0.000g	0%
from Fat.	18%	Trans Fat**	0.000g		Sugars	0.000g	
from Sat. Fat.	0%	Cholesterol	10.000mg	3%	Ash	N/A	
from Carbs	0%	Sodium	125.000mg	5%	Moisture	N/A	
from Protein	80%	Protein	5.000g	10%			

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Stick CV Smokehouse Turkey Stick Jennie-O

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1597

CV Snack Mix Cheddar

Recipe Information

Name: CV Snack Mix Cheddar 660962
Category: Snacks
Notes:

Serving Size: 1 Bag
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*		
Serving Size: 24.800g	Total Fat	4.000g	6%	Total Carbohydrate	15.000g	5%	Vitamin A (IU)	0.000 IU	0%
Calories 110.000	Saturated	0.000g	0%	Dietary Fiber	2.000g	8%	Vitamin C	0.000mg	0%
from Fat. 32.727%	Trans Fat**	0.000g		Sugars	1.000g		Calcium	0.000mg	0%
from Sat. Fat. 0%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.360mg	2%
from Carbs 54.545%	Sodium	200.000mg	8%	Moisture	N/A				
from Protein 7.273%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bag CV Snack Mix Cheddar 660962 (660962)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1142

Fast Fuel Stick Beef

Recipe Information



Name: Fast Fuel Stick Beef
565870

Category: Snacks
Notes:

Serving Size: 1 Stick

Standard Yield: 1 servings

Nutrition Facts

	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 14.000g	Total Fat	1.000g	2%	Total Carbohydrate	0.000g	0%
Calories 30.000	Saturated	0.000g	0%	Dietary Fiber	0.000g	0%
from Fat. 30%	Trans Fat**	0.000g		Sugars	N/A	
from Sat. Fat. 0%	Cholesterol	190.000mg	63%	Ash	N/A	
from Carbs 0%	Sodium	190.000mg	8%	Moisture	N/A	
from Protein 53.333%	Protein	4.000g	8%			
						*Percent Dietary Values are based on a 2000 calorie diet.
						**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Stick Fast Fuel Stick Beef
565870 (565870)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1267

Fast Fuel Stick Turkey

Recipe Information



Name: Fast Fuel Stick Turkey
565850
Category: Snacks
Notes:

Serving Size: 1 Stick

Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving		% Daily Value*		Amount Per Serving		% Daily Value*		Amount Per Serving		% Daily Value*	
Serving Size: 14.000g		Total Fat	1.500g	2%	Total Carbohydrate	3.000g	1%	Vitamin A (IU)	0.000 IU	0%			
Calories	40.000	Saturated	0.000g	0%	Dietary Fiber	0.000g	0%	Vitamin C	0.000mg	0%			
from Fat.	33.75%	Trans Fat**	0.000g		Sugars	3.000g		Calcium	0.000mg	0%			
from Sat. Fat.	0%	Cholesterol	10.000mg	3%	Ash	N/A		Iron	0.360mg	2%			
from Carbs	30%	Sodium	200.000mg	8%	Moisture	N/A	*Percent Dietary Values are based on a 2000 calorie diet.						
from Protein	40%	Protein	4.000g	8%									
**Trans Fat values are provided for informational purposes, not for monitoring purposes.													

N/A indicates values for which no data is available.

Recipe Ingredients

1 Stick Fast Fuel Stick Turkey
565850 (565870)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1487

Frozen Yogurt Vanilla

Recipe Information

Name: Frozen Yogurt Vanilla
 Category: Snacks
 Notes:

Serving Size: 5 oz
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 145.748g		Total Fat	0.108g	0%	Total Carbohydrate	39.240g	13%
Calories	169.582	Saturated	0.012g	0%	Dietary Fiber	0.108g	0%
from Fat.	.573%	Trans Fat**	0.012g		Sugars†	34.156g	
from Sat. Fat.	.064%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	92.557%	Sodium	177.881mg	7%	Moisture	N/A	
from Protein	16.943%	Protein	7.183g	14%			
						Vitamin A (IU)	4.000 IU
						Vitamin C	0.000mg
						Calcium	256.742mg
						Iron	0.176mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

† Calculations based on incomplete data

Recipe Ingredients

1 Piece/Portion/Unit/Item/Serving Cones; Eat-It-All 10D Cake Cup Dispenser, 10/100 ct. (80006)
 5 oz Frozen Yogurt Vanilla

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1202

Fruit Roll Up Reduced Sugar

Recipe Information



Name: Fruit Roll Up Reduced Sugar
 Category: Snacks
 Notes:

Serving Size: 1 Fruit Roll Up
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 14.000g		Total Fat	0.000g	0%	Total Carbohydrate	11.000g	4%	
Calories	45.000	Saturated	0.000g	0%	Dietary Fiber	3.000g	12%	
from Fat.	0%	Trans Fat**	0.000g		Sugars	4.000g		
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	97.778%	Sodium	55.000mg	2%	Moisture	N/A		
from Protein	N/A	Protein	N/A					
						Vitamin A (IU)	N/A	
						Vitamin C	15.000mg	25%
						Calcium	N/A	
						Iron	N/A	

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Roll Fruit Roll Up Reduced Sugar

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1391

Golden Grahams Cereal Bar

Recipe Information

Name: Golden Grahams Cereal Bar
Category: Snacks
Notes:

Serving Size: 1 Bar
Standard Yield: 1 servings



Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 40.000g		Total Fat 3.000g	5%	Total Carbohydrate 30.000g	10%	Vitamin A (IU) 100.000 IU	2%
Calories 150.000		Saturated 0.500g	3%	Dietary Fiber 3.000g	12%	Vitamin C 0.000mg	0%
from Fat. 18%		Trans Fat** 0.000g		Sugars 9.000g		Calcium 200.000mg	20%
from Sat. Fat. 3%		Cholesterol 0.000mg	0%	Ash N/A		Iron 1.800mg	10%
from Carbs 80%		Sodium 110.000mg	5%	Moisture N/A			
from Protein 5.333%		Protein 2.000g	4%				

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Golden Grahams Cereal Bar

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1370

Honey Maid Lil' Squares

Recipe Information



Name: Honey Maid Lil' Squares
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size:	30.000g	Total Fat	3.000g	5%	Total Carbohydrate	24.000g	8%
Calories	130.000	Saturated	0.000g	0%	Dietary Fiber	2.000g	8%
from Fat.	20.769%	Trans Fat**	0.000g		Sugars	8.000g	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	73.846%	Sodium	150.000mg	6%	Moisture	N/A	
from Protein	6.154%	Protein	2.000g	4%			
						Vitamin A (IU)	N/A
						Vitamin C	N/A
						Calcium	N/A
						Iron	0.720mg
							4%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Honey Maid Lil' Squares

Preparation Instructions

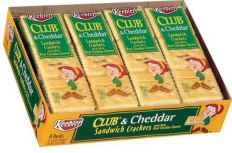
Recipe Cards

for Chippewa Valley Schools

Recipe: 1375

Keebler Cheese Sandwich Crackers

Recipe Information



Name: Keebler Cheese Sandwich Crackers 6pk
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 39.000g		Total Fat	9.000g	14%	Total Carbohydrate	24.000g	8%
Calories	190.000	Saturated	2.500g	13%	Dietary Fiber	0.500g	2%
from Fat.	42.632%	Trans Fat**	0.000g		Sugars	N/A	
from Sat. Fat.	11.842%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	50.526%	Sodium	290.000mg	12%	Moisture	N/A	
from Protein	10.526%	Protein	5.000g	10%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	60.000mg
						Iron	1.080mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Keebler Cheese Sandwich Crackers 6pk

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1393

Keebler Grahams Bug Bites

Recipe Information



Name: Keebler Grahams Bug Bites
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size:	28.000g	Total Fat	3.500g	5%	Total Carbohydrate	21.000g	7%
Calories	120.000	Saturated	1.000g	5%	Dietary Fiber	1.000g	4%
from Fat.	26.25%	Trans Fat**	0.000g		Sugars	8.000g	
from Sat. Fat.	7.5%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	70%	Sodium	115.000mg	5%	Moisture	N/A	
from Protein	6.667%	Protein	2.000g	4%			
					Vitamin A (IU)	500.000 IU	10%
					Vitamin C	0.000mg	0%
					Calcium	100.000mg	10%
					Iron	0.720mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Keebler Grahams Bug Bites

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1566

Kozy Shack Cow Rageous Pudding - Chocolate

Recipe Information



Name: Kozy Shack Cow Rageous Pudding - Chocolate
650942

Serving Size: 1 Container

Category: Snacks

Standard Yield: 1 servings

Notes:

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*		
Serving Size: 106.000g	Total Fat	1.000g	2%	Total Carbohydrate	21.000g	7%	Vitamin A (IU)	750.000 IU	15%
Calories 110.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%	Vitamin C	0.000mg	0%
from Fat. 8.182%	Trans Fat**	0.000g		Sugars	14.000g		Calcium	100.000mg	10%
from Sat. Fat. 4.091%	Cholesterol	5.000mg	2%	Ash	N/A		Iron	0.360mg	2%
from Carbs 76.364%	Sodium	105.000mg	4%	Moisture	N/A				
from Protein 10.909%	Protein	3.000g	6%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Container Kozy Shack Cow Rageous Pudding - Chocolate
650942 (650942)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1567

Kozy Shack Cow Rageous Pudding - Vanilla

Recipe Information



Name: Kozy Shack Cow Rageous Pudding - Vanilla 650962
 Category: Snacks
 Notes:

Serving Size: 1 Container
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 106.000g	Total Fat	1.000g	2%	Total Carbohydrate	21.000g	Vitamin A (IU)	750.000 IU
Calories 100.000	Saturated	0.000g	0%	Dietary Fiber	3.000g	Vitamin C	0.000mg
from Fat. 9%	Trans Fat**	0.000g		Sugars	15.000g	Calcium	100.000mg
from Sat. Fat. 0%	Cholesterol	10.000mg	3%	Ash	N/A	Iron	0.000mg
from Carbs 84%	Sodium	125.000mg	5%	Moisture	N/A		
from Protein 12%	Protein	3.000g	6%				

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Container Kozy Shack Cow Rageous Pudding - Vanilla 650962 (650962)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1492

Lowfat Frozen Yogurt Chocolate

Recipe Information

Name: Lowfat Frozen Yogurt Chocolate
 Category: Snacks
 Notes:

Serving Size: 1 Cone
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 145.748g		Total Fat	3.330g	5%	Total Carbohydrate	38.813g	13%	
Calories	209.172	Saturated	1.623g	8%	Dietary Fiber	1.719g	7%	
from Fat.	14.326%	Trans Fat**	0.012g		Sugars†	27.383g		
from Sat. Fat.	6.982%	Cholesterol	8.054mg	3%	Ash	N/A		
from Carbs	74.222%	Sodium	152.555mg	6%	Moisture	N/A		
from Protein	9.914%	Protein	5.184g	10%				
						Vitamin A (IU)	4.000 IU	0%
						Vitamin C	0.000mg	0%
						Calcium	161.649mg	16%
						Iron	0.756mg	4%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

† Calculations based on incomplete data

Recipe Ingredients

- 1 Piece/Portion/Unit/Item/Serving Cones; Eat-It-All 10D Cake Cup Dispenser, 10/100 ct. (80006)
- 5 oz Lowfat Frozen Yogurt Chocolate (838284)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1390

NutriGrain Bar Apple Cinnamon

Recipe Information



Name: NutriGrain Bar Apple Cinnamon
Category: Snacks
Notes:

Serving Size: 1 Bar
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	44.000g	Total Fat	4.000g	6%	Total Carbohydrate	30.000g	10%	Vitamin A (IU)	750.000 IU	15%
Calories	160.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%	Vitamin C	0.000mg	0%
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	14.000g		Calcium	200.000mg	20%
from Sat. Fat.	2.812%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	1.800mg	10%
from Carbs	75%	Sodium	130.000mg	5%	Moisture	N/A				
from Protein	5%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar NutriGrain Bar Apple Cinnamon

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1389

NutriGrain Bar Blueberry

Recipe Information

Name: NutriGrain Bar Blueberry
 Category: Snacks
 Notes:

Serving Size: 1 Bar
 Standard Yield: 1 servings



Nutrition Facts		<u>Amount Per Serving</u>	<u>% Daily Value*</u>	<u>Amount Per Serving</u>	<u>% Daily Value*</u>	<u>Amount Per Serving</u>	<u>% Daily Value*</u>			
Serving Size:	44.000g	Total Fat	4.000g	6%	Total Carbohydrate	30.000g	10%	Vitamin A (IU)	750.000 IU	15%
Calories	160.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%	Vitamin C	0.000mg	0%
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	15.000g		Calcium	200.000mg	20%
from Sat. Fat.	2.812%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	1.800mg	10%
from Carbs	75%	Sodium	135.000mg	6%	Moisture	N/A				
from Protein	5%	Protein	2.000g	4%						
*Percent Dietary Values are based on a 2000 calorie diet.										
**Trans Fat values are provided for informational purposes, not for monitoring purposes.										

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar NutriGrain Bar Blueberry

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1388

NutriGrain Bar Strawberry

Recipe Information



Name: NutriGrain Bar Strawberry
 Category: Snacks
 Notes:

Serving Size: 1 Bar
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size: 44.000g		Total Fat	4.000g	6%	Total Carbohydrate	29.000g	10%	Vitamin A (IU)	750.000 IU	15%
Calories	160.000	Saturated	0.500g	3%	Dietary Fiber	3.000g	12%	Vitamin C	0.000mg	0%
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	14.000g		Calcium	200.000mg	20%
from Sat. Fat.	2.812%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	1.800mg	10%
from Carbs	72.5%	Sodium	150.000mg	6%	Moisture	N/A				
from Protein	5%	Protein	2.000g	4%						

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar NutriGrain Bar Strawberry

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1445

Otis Spunkmeyer Sugar Cookie

Recipe Information



Name: Otis Spunkmeyer Sugar Cookie 1oz
 Category: Snacks
 Notes:

Serving Size: 1 Cookie
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 27.000g		Total Fat	3.000g	5%	Total Carbohydrate	18.000g	6%	
Calories	100.000	Saturated	1.000g	5%	Dietary Fiber	1.000g	4%	
from Fat.	27%	Trans Fat**	0.000g		Sugars	N/A		
from Sat. Fat.	9%	Cholesterol	10.000mg	3%	Ash	N/A		
from Carbs	72%	Sodium	80.000mg	3%	Moisture	N/A		
from Protein	4%	Protein	1.000g	2%				
						Vitamin A (IU)	500.000 IU	10%
						Vitamin C	0.000mg	0%
						Calcium	0.000mg	0%
						Iron	2.700mg	15%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Cookie Otis Spunkmeyer Sugar Cookie 1oz (243381)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1489

Popped Crisps Honey BBQ

Recipe Information



Name: Popped Crisps Honey BBQ
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 22.000g		Total Fat	2.500g	4%	Total Carbohydrate	17.000g	6%
Calories	100.000	Saturated	0.000g	0%	Dietary Fiber	1.000g	4%
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	2.000g	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	68%	Sodium	170.000mg	7%	Moisture	N/A	
from Protein	4%	Protein	1.000g	2%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.360mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch Popped Crisps Honey BBQ (618842)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1490

Popped Crisps Sea Salt

Recipe Information



Name: Popped Crisps Sea Salt
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 20.000g		Total Fat	2.500g	4%	Total Carbohydrate	15.000g	5%
Calories	90.000	Saturated	0.000g	0%	Dietary Fiber	1.000g	4%
from Fat.	25%	Trans Fat**	0.000g		Sugars	0.000g	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	66.667%	Sodium	200.000mg	8%	Moisture	N/A	
from Protein	4.444%	Protein	1.000g	2%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.360mg
							2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch Popped Crisps Sea Salt (626951)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1491

Popped Crisps Sour Cream & Onion

Recipe Information



Name: Popped Crisps Sour Cream & Onion
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 22.000g		Total Fat	2.500g	4%	Total Carbohydrate	16.000g	5%
Calories	100.000	Saturated	0.000g	0%	Dietary Fiber	1.000g	4%
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	N/A	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	64%	Sodium	150.000mg	6%	Moisture	N/A	
from Protein	8%	Protein	2.000g	4%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.360mg
							2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch Popped Crisps Sour Cream & Onion (618831)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1374

Quaker Chocolate Chip Granola Bar

Recipe Information



Name: Quaker Chocolate Chip Granola Bar
 Category: Snacks
 Notes:

Serving Size: 1 Bar
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 24.000g		Total Fat	3.500g	5%	Total Carbohydrate	17.000g	6%	
Calories	100.000	Saturated	1.500g	8%	Dietary Fiber	1.000g	4%	
from Fat.	31.5%	Trans Fat**	0.000g		Sugars	N/A		
from Sat. Fat.	13.5%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	68%	Sodium	70.000mg	3%	Moisture	N/A		
from Protein	4%	Protein	1.000g	2%				
						Vitamin A (IU)	N/A	
						Vitamin C	N/A	
						Calcium	80.000mg	8%
						Iron	0.360mg	2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Quaker Chocolate Chip Granola Bar (147881)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1366

Reduced Fat Doritos

Recipe Information



Name: Reduced Fat Doritos
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 28.000g		Total Fat	5.000g	8%	Total Carbohydrate	20.000g	7%	
Calories	130.000	Saturated	1.000g	5%	Dietary Fiber	2.000g	8%	
from Fat.	34.615%	Trans Fat**	0.000g		Sugars	N/A		
from Sat. Fat.	6.923%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	61.538%	Sodium	200.000mg	8%	Moisture	N/A		
from Protein	6.154%	Protein	2.000g	4%				
						Vitamin A (IU)	100.000 IU	2%
						Vitamin C	0.000mg	0%
						Calcium	0.000mg	0%
						Iron	0.360mg	2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Reduced Fat Doritos (456090)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1190

Scooby-Doo! Fruit Shapes

Recipe Information



Name: Scooby-Doo! Fruit Shapes
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 25.000g		Total Fat	0.000g	0%	Total Carbohydrate	21.000g	7%	
Calories	70.000	Saturated	0.000g	0%	Dietary Fiber	4.000g	16%	
from Fat.	0%	Trans Fat**	0.000g		Sugars	8.000g		
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	120%	Sodium	30.000mg	1%	Moisture	N/A		
from Protein	0%	Protein	0.000g	0%				
						Vitamin A (IU)	N/A	
						Vitamin C	60.000mg	100%
						Calcium	N/A	
						Iron	N/A	

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Scooby-Doo! Fruit Shapes

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1428

Cheddar Chex Mix

Recipe Information



Name: Simply Cheddar Chex Mix 0.92oz
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 26.000g		Total Fat	2.500g	4%	Total Carbohydrate	20.000g	7%
Calories	110.000	Saturated	0.500g	2%	Dietary Fiber	2.000g	8%
from Fat.	20.455%	Trans Fat**	0.000g		Sugars	N/A	
from Sat. Fat.	4.091%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	72.727%	Sodium	135.000mg	6%	Moisture	N/A	
from Protein	7.273%	Protein	2.000g	4%			
						Vitamin A (IU)	N/A
						Vitamin C	N/A
						Calcium	N/A
						Iron	0.360mg
							2%

*Percent Dietary Values are based on a 2000 calorie diet.

**Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Each Simply Cheddar Chex Mix 0.92oz (599282)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1373

Simply Chex Cheddar 0.92oz

Recipe Information



Name: Simply Chex Cheddar 0.92oz
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 26.000g		Total Fat	2.500g	4%	Total Carbohydrate	20.000g	7%
Calories	110.000	Saturated	0.500g	2%	Dietary Fiber	2.000g	8%
from Fat.	20.455%	Trans Fat**	0.000g		Sugars	4.000g	
from Sat. Fat.	4.091%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	72.727%	Sodium	135.000mg	6%	Moisture	N/A	
from Protein	7.273%	Protein	2.000g	4%			
						Vitamin A (IU)	N/A
						Vitamin C	N/A
						Calcium	N/A
						Iron	0.360mg
							2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch Simply Chex Cheddar 0.92oz (599282)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1364

Smartfood Delight White Cheddar 0.5z

Recipe Information



Name: Smartfood Delight White Cheddar 0.5z
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size:	14.000g	Total Fat	2.500g	4%	Total Carbohydrate	9.000g	3%
Calories	70.000	Saturated	0.000g	0%	Dietary Fiber	2.000g	8%
from Fat.	32.143%	Trans Fat**	0.000g		Sugars	0.000g	
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	51.429%	Sodium	110.000mg	5%	Moisture	N/A	
from Protein	11.429%	Protein	2.000g	4%			
						Vitamin A (IU)	N/A
						Vitamin C	N/A
						Calcium	N/A
						Iron	0.360mg
							2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Smartfood Delight White Cheddar 0.5z (641721)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1536

Sun Chip Cheddar

Recipe Information



Name: Sun Chip Cheddar
 1 Pkg = 1.25oz Grain
 Category: Snacks
 Notes:

Serving Size: 1 Package

Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	
Serving Size: 28.350g		Total Fat	6.000g	9%	Total Carbohydrate	18.000g	6%	
Calories	140.000	Saturated	1.000g	5%	Dietary Fiber	2.000g	8%	
from Fat.	38.571%	Trans Fat**	0.000g		Sugars	2.000g		
from Sat. Fat.	6.429%	Cholesterol	0.000mg	0%	Ash	N/A		
from Carbs	51.429%	Sodium	210.000mg	9%	Moisture	N/A		
from Protein	5.714%	Protein	2.000g	4%				
						Vitamin A (IU)	0.000 IU	0%
						Vitamin C	0.000mg	0%
						Calcium	0.000mg	0%
						Iron	0.360mg	2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Packge Sun Chip Cheddar
 1 Pkg = 1.25oz Grain (105260)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1442

Sweet & Spicy Doritos Reduced Fat

Recipe Information



Name: Sweet & Spicy Doritos Reduced Fat
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size:	28.000g	Total Fat	5.000g	8%	Total Carbohydrate	20.000g	7%
Calories	130.000	Saturated	1.500g	8%	Dietary Fiber	2.000g	8%
from Fat.	34.615%	Trans Fat**	0.000g		Sugars	N/A	
from Sat. Fat.	10.385%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	61.538%	Sodium	180.000mg	8%	Moisture	N/A	
from Protein	6.154%	Protein	2.000g	4%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	20.000mg
						Iron	0.360mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Sweet & Spicy Doritos Reduced Fat (788670)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1378

Vic's Kettle Popcorn

Recipe Information



Name: Vic's Kettle Popcorn
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 28.000g		Total Fat	4.500g	7%	Total Carbohydrate	21.000g	7%
Calories	120.000	Saturated	0.500g	3%	Dietary Fiber	2.000g	8%
from Fat.	33.75%	Trans Fat**	0.000g		Sugars	9.000g	
from Sat. Fat.	3.75%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	70%	Sodium	100.000mg	4%	Moisture	N/A	
from Protein	6.667%	Protein	2.000g	4%			
						Vitamin A (IU)	0.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	0.360mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Vic's Kettle Popcorn (544242)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1377

Vic's Lite White Popcorn

Recipe Information



Name: Vic's Lite White Popcorn
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 14.000g			Total Fat	1.500g	2%	Total Carbohydrate	10.000g	3%
Calories 50.000			Saturated	0.000g	0%	Dietary Fiber	2.000g	8%
from Fat. 27%			Trans Fat**	0.000g		Sugars	0.000g	
from Sat. Fat. 0%			Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs 80%			Sodium	95.000mg	4%	Moisture	N/A	
from Protein 16%			Protein	2.000g	4%			
							Vitamin A (IU)	0.000 IU
							Vitamin C	0.000mg
							Calcium	0.000mg
							Iron	0.720mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Vic's Lite White Popcorn (544251)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1233

WG Candy Chip Cookie

Recipe Information

Name: WG Candy Chip Cookie
 1 Cookie = 0.75 grain
 Category: Snacks
 Notes:

Serving Size: 1 Cookie

Standard Yield: 1 servings

Nutrition Facts	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 37.000g	Total Fat 5.000g	8%	Total Carbohydrate 23.000g	8%	Vitamin A (IU) 200.000 IU	4%
Calories 140.000	Saturated 1.500g	8%	Dietary Fiber 2.000g	8%	Vitamin C 0.000mg	0%
from Fat. 32.143%	Trans Fat** 0.000g		Sugars	N/A	Calcium 0.000mg	0%
from Sat. Fat. 9.643%	Cholesterol 0.000mg	0%	Ash	N/A	Iron 0.720mg	4%
from Carbs 65.714%	Sodium 125.000mg	5%	Moisture	N/A		
from Protein 5.714%	Protein 2.000g	4%				

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Cookie WG Candy Chip Cookie
 1 Cookie = 0.75 grain (960396)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1432

WG Goldfish Cheddar

Recipe Information

Name: WG Goldfish Cheddar
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*	Amount Per Serving		% Daily Value*
Serving Size: 21.000g			Total Fat	3.500g	5%	Total Carbohydrate	14.000g	5%	Vitamin A (IU)	0.000 IU	0%
Calories	100.000		Saturated	1.000g	5%	Dietary Fiber	1.000g	4%	Vitamin C	0.000mg	0%
from Fat.	31.5%		Trans Fat**	0.000g		Sugars	N/A		Calcium	20.000mg	2%
from Sat. Fat.	9%		Cholesterol	3.000mg	1%	Ash	N/A		Iron	0.360mg	2%
from Carbs	56%		Sodium	170.000mg	7%	Moisture	N/A				
from Protein	12%		Protein	3.000g	6%						
*Percent Dietary Values are based on a 2000 calorie diet.											
**Trans Fat values are provided for informational purposes, not for monitoring purposes.											

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch WG Goldfish Cheddar (736280)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1189

Graham Crackers w/ Fiber

Recipe Information



Name: WG Graham Crackers
Category: Snacks
Notes:

Serving Size: 1 Package
Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*			
Serving Size:	23.000g	Total Fat	2.500g	4%	Total Carbohydrate	18.000g	6%	Vitamin A (IU)	500.000 IU	10%
Calories	90.000	Saturated	0.000g	0%	Dietary Fiber	3.000g	12%	Vitamin C	0.000mg	0%
from Fat.	25%	Trans Fat**	0.000g		Sugars	4.000g		Calcium	100.000mg	10%
from Sat. Fat.	0%	Cholesterol	0.000mg	0%	Ash	N/A		Iron	0.720mg	4%
from Carbs	80%	Sodium	130.000mg	5%	Moisture	N/A				
from Protein	8.889%	Protein	2.000g	4%						
						*Percent Dietary Values are based on a 2000 calorie diet.				
						**Trans Fat values are provided for informational purposes, not for monitoring purposes.				

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package WG Graham Crackers (GFS - 282461)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1383

Whole Grain Cheez It 0.75oz

Recipe Information



Name: Whole Grain Cheez It 0.75oz
 Category: Snacks
 Notes:

Serving Size: 1 Package
 Standard Yield: 1 servings

Nutrition Facts		<u>Amount Per Serving</u>	<u>% Daily Value*</u>	<u>Amount Per Serving</u>	<u>% Daily Value*</u>	<u>Amount Per Serving</u>	<u>% Daily Value*</u>
Serving Size: 21.000g		Total Fat 3.500g	5%	Total Carbohydrate 14.000g	5%	Vitamin A (IU) 500.000 IU	10%
Calories 100.000		Saturated 1.000g	5%	Dietary Fiber 1.000g	4%	Vitamin C 0.000mg	0%
from Fat. 31.5%		Trans Fat** 0.000g		Sugars 0.000g		Calcium 100.000mg	10%
from Sat. Fat. 9%		Cholesterol 3.000mg	1%	Ash N/A		Iron 0.720mg	4%
from Carbs 56%		Sodium 150.000mg	6%	Moisture N/A			
from Protein 8%		Protein 2.000g	4%				

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Package Whole Grain Cheez It 0.75oz

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1372

Whole Grain Goldfish

Recipe Information



Name: Whole Grain Goldfish 0.75z
 Category: Snacks
 Notes:

Serving Size: 1 Pouch
 Standard Yield: 1 servings

Nutrition Facts			Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 21.000g			Total Fat	3.500g	5%	Total Carbohydrate	14.000g	5%
Calories	100.000		Saturated	1.000g	5%	Dietary Fiber	1.000g	4%
from Fat.	31.5%		Trans Fat**	0.000g		Sugars	0.000g	
from Sat. Fat.	9%		Cholesterol	3.000mg	1%	Ash	N/A	
from Carbs	56%		Sodium	170.000mg	7%	Moisture	N/A	
from Protein	12%		Protein	3.000g	6%			
						Vitamin A (IU)	0.000 IU	0%
						Vitamin C	0.000mg	0%
						Calcium	20.000mg	2%
						Iron	0.360mg	2%

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Pouch Whole Grain Goldfish 0.75z (736280)

Preparation Instructions

Recipe Cards

for Chippewa Valley Schools

Recipe: 1488

Whole Grain Rice Krispie Treat

Recipe Information



Name: Whole Grain Rice Krispie Treat
 Category: Snacks
 Notes:

Serving Size: 1 Bar
 Standard Yield: 1 servings

Nutrition Facts		Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Serving Size: 40.000g		Total Fat	4.000g	6%	Total Carbohydrate	31.000g	10%
Calories	160.000	Saturated	1.000g	5%	Dietary Fiber	0.750g	3%
from Fat.	22.5%	Trans Fat**	0.000g		Sugars	11.000g	
from Sat. Fat.	5.625%	Cholesterol	0.000mg	0%	Ash	N/A	
from Carbs	77.5%	Sodium	150.000mg	6%	Moisture	N/A	
from Protein	5%	Protein	2.000g	4%			
						Vitamin A (IU)	300.000 IU
						Vitamin C	0.000mg
						Calcium	0.000mg
						Iron	1.800mg

*Percent Dietary Values are based on a 2000 calorie diet.
 **Trans Fat values are provided for informational purposes, not for monitoring purposes.

N/A indicates values for which no data is available.

Recipe Ingredients

1 Bar Whole Grain Rice Krispie Treat (618862)

Preparation Instructions