

Breakfast Bento (LR1283)

HACCP Process: Process 1: No Cook
 Allergens: Contains Egg, Milk, Wheat; May contain Soy;
 Meal Contribution: 5/8 Fruit, 1 WGR, 2 Meat/MA
 Number of Servings: 1.00 Serving Size: 1 Box
 Moisture gain/loss%: 0.0000 Yield: 10 Ounce
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1					Egg, Hard Cooked, Peeled, Whole Dry Pack, Papetti's, 0136127, MMA SI101620	1 egg
2					Yogurt, Lowfat Vanilla 32 oz, Yoplait, General Mills, 439000, MMA SI104280	4 Ounce
3					Strawberries, raw SR105449	1/2 cup, halves
4					Blueberries, raw SR105145	1/8 Cup
5					Cinnamon Sugar Panini LR1284	1 Serving

Preparation Instructions

- Slice egg in half for presentation.
- about 2 strawberries, halved
- Cut cinnamon sugar panini slice into 4 pieces.

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
Cold Hold	Cold Holding	41.00	Discard the food if it cannot be determined how long the food temperature was above

Nutritional Information

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
% of Calories	23.70	6.90	61.75	17.82	32.046

Nutrients per 100 g

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
105.749	2.785	0.811	0(M)	62.464	73.663	16.325	1.359	8.472	(M)	4.711	0.792	53.74	187.359 (M)	16.597 (M)	0(M)	47.586 (M)	30.251 (M)	0.133(M)

Nutrients per serving (280.225 g)

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
296.334	7.803	2.272	0(M)	175.04	206.421	45.748	3.809	23.741	(M)	13.2	2.218	150.594	525.028 (M)	46.508 (M)	0(M)	133.348 (M)	84.77(M)	0.372(M)

(M) Indicates missing nutrient values.