

Oxford City Schools

Recipe: 001127 January Big O Meal

Recipe Source: O2019
 Recipe Group: Entrees

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 1
 Size of Portion: meal

R001657 Cereal Bowl, Trix.....	1 bowl	
R001818 Poptart Strawberry.....	1 poptart	
R001466 Juice, Shelf Stable Grape 4oz.....	1 box	
R000441 Yogurt, Go Gurt Strawberry.....	1 go gurt	
R000736 Cheese, Mozz String Purchased....	1 string cheese	
R001325 Milk Choice.....	1 milk	

*Nutrients are based upon 1 Portion Size (meal)

Calories	619	kcal	Cholesterol	26.00	mg	Sugars	66.35	g	Calcium	792.53	mg	15.27%	Calories from Total Fat
Total Fat	10.50	g	Sodium	725.53	mg	Protein	19.00	g	Iron	6.30	mg	6.98%	Calories from Saturated Fat
Saturated Fat	4.80	g	Carbohydrates	110.17	g	Vitamin A	2000.00	IU	Water ¹	*0.00*	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	Dietary Fiber	4.00	g	Vitamin C	44.32	mg	Ash ¹	*0.00*	g	71.20%	Calories from Carbohydrates
												12.28%	Calories from Protein

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 optional nutrient values
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

<u>Miscellaneous</u>	<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz			? - Milk
Grain.....	oz			? - Egg
Fruit.....	cup			? - Peanut
Vegetable.....	cup			? - Tree Nut
Milk.....	cup			? - Fish
Moisture & Fat Change				? - Shellfish
Moisture Change.	0%			? - Soy
Fat Change.....	0%			? - Wheat
Type of Fat.....				

Production Specification

NOTICE: The data contained within this report and the NUTRIKIDS® 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.

Oxford City Schools

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
R	001657	Cereal Bowl, Trix			
R	001818	Poptart Strawberry			
R	001466	Juice, Shelf Stable Grape 4oz			
R	000441	Yogurt, Go Gurt Strawberry			
R	000736	Cheese, Mozz String Purchased			
R	001325	Milk Choice			

NOTICE: The data contained within this report and the NUTRIKIDS® 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.