

TOASTED BAGEL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bagel

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bagel, Whole Wheat, Sliced, #130	100 bagel(s)

DIRECTIONS

1. Thaw according to case or package directions.
2. Toast in oven until golden brown.
Conventional oven: 350 degrees F for 7 to 10 minutes. Convection oven: 350 degrees for 7 to 8 minutes.
Combi oven: 350 degrees F for 5 minutes
3. Place on line for service.
4. Portion 1 bagel per serving. Each portion provides 2 oz. eq. whole grains.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	163	Dietary Fiber	3.30 g	Sodium	172.00 mg	Sat. Fat	0.06 g
Carbohydrates	33.50 g	Protein	5.90 g	Total Fat	0.61 g	Trans Fat	0.00 g

BISCUIT (1 OZ. EQ.)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 biscuit

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Biscuit, WGR, 1 oz. eq., #567	100 biscuit(s)-1 grain

DIRECTIONS

1. Prepare biscuits according to package or case directions.
2. Place on line for service.
3. Portion 1 biscuit per serving. Each biscuit provides 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	110	Dietary Fiber	1.71 g	Sodium	250.00 mg	Sat. Fat	3.00 g
Carbohydrates	15.00 g	Protein	2.00 g	Total Fat	5.00 g	Trans Fat	0.00 g

BISCUIT (2 OZ. EQ.)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 biscuit

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Biscuit, WGR, 2 oz. eq., #135	100 biscuit(s)-2 grain

DIRECTIONS

1. Prepare biscuit according to case and/or package directions.
2. Place on line for service
3. Portion 1 biscuit per serving. Each portion provides 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	210	Dietary Fiber	3.41 g	Sodium	490.00 mg	Sat. Fat	5.00 g
Carbohydrates	29.00 g	Protein	5.00 g	Total Fat	8.00 g	Trans Fat	0.00 g

BISCUIT AND BACON (2 OZ. EQ.)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 biscuit and 2

slices of bacon

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bacon, Sliced, Precooked, #121	200 slice(s)
Biscuit, WGR, 2 oz. eq., #135	100 biscuit(s)-2 grain

DIRECTIONS

1. Thaw products under refrigeration.
2. Prepare according to directions on case or package.
3. Place on line for service.
Portion 1 biscuit and 2 slices bacon per serving. Each portion provides 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	223	Dietary Fiber	2.97 g	Sodium	579.87 mg	Sat. Fat	6.17 g
Carbohydrates	23.00 g	Protein	6.66 g	Total Fat	11.66 g	Trans Fat	0.00 g

WHOLE WHEAT TOAST



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 28 **SIZE OF PORTION:** 1 slice

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 28 SERVINGS)
Bread, WGR, #139	28 slice(s)

DIRECTIONS

1. Place slices of bread on sheet pan.
2. Toast in oven until golden brown.
3. Place on line for service.
4. Portion 1 piece toast per serving. Each portion provides 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	50	Dietary Fiber	1.00 g	Sodium	105.00 mg	Sat. Fat	0.00 g
Carbohydrates	11.00 g	Protein	2.00 g	Total Fat	1.00 g	Trans Fat	0.00 g

MINI CINNIS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pouch

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Buns, Mini Cinnamon, WGR, #133	100 pouch(es)

DIRECTIONS

1. Thaw and prepare pouches according to case and/or package directions. Product may be heated or served at room temperature after thawing.
2. Place on line for service.
3. Portion 1 pouch per serving. Each portion provides 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	240	Dietary Fiber	2.00 g	Sodium	300.00 mg	Sat. Fat	2.00 g
Carbohydrates	40.00 g	Protein	5.00 g	Total Fat	7.00 g	Trans Fat	0.00 g

FRUIT FLAVORED CEREAL BAR

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bar

RECIPE HACCP PROCESS: #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal Bar, Fruit Flavored, WGR, #542	100 cereal bar(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 bar per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	150	Dietary Fiber	3.00 g	Sodium	110.00 mg	Sat. Fat	0.50 g
Carbohydrates	30.00 g	Protein	2.00 g	Total Fat	3.00 g	Trans Fat	0.00 g

STRAWBERRY CEREAL BAR



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bar

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal Bar, Strawberry, WGR, #540	100 cereal bar(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 bar per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	160	Dietary Fiber	3.00 g	Sodium	150.00 mg	Sat. Fat	0.50 g
Carbohydrates	29.00 g	Protein	2.00 g	Total Fat	4.00 g	Trans Fat	0.00 g

CHOCOLATE CHIP CEREAL BAR

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bar

RECIPE HACCP PROCESS: #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cookie, Chocolate Chip Oatmeal Bar, WGR, #214	100 bar(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 bar per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	150	Dietary Fiber	2.00 g	Sodium	120.00 mg	Sat. Fat	1.00 g
Carbohydrates	23.00 g	Protein	2.00 g	Total Fat	5.00 g	Trans Fat	0.00 g

OAT CEREAL BAR



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bar

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal Bar, Oat, WGR, #541	100 bar(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 bar per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	150	Dietary Fiber	3.00 g	Sodium	90.00 mg	Sat. Fat	0.50 g
Carbohydrates	30.00 g	Protein	2.00 g	Total Fat	3.00 g	Trans Fat	0.00 g

BERRY CEREAL SQUARES



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 square

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Baked Rice Marshmallow Square, Berry Flavor, WGR, #539	100 bar(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 square per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	140	Dietary Fiber	3.00 g	Sodium	105.00 mg	Sat. Fat	0.00 g
Carbohydrates	27.00 g	Protein	2.00 g	Total Fat	3.00 g	Trans Fat	0.00 g

COCOA CEREAL SQUARES



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 square

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Baked Rice Marshmallow Square, Cocoa Flavor, WGR, #217	100 bar(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 square per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	140	Dietary Fiber	3.00 g	Sodium	110.00 mg	Sat. Fat	0.50 g
Carbohydrates	27.00 g	Protein	2.00 g	Total Fat	3.00 g	Trans Fat	0.00 g

CINNAMON TOAST CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Cinnamon Toast, WGR, #153,	100 bowl pack(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	110	Dietary Fiber	1.00 g	Sodium	160.00 mg	Sat. Fat	0.50 g
Carbohydrates	22.00 g	Protein	1.00 g	Total Fat	3.00 g	Trans Fat	0.00 g

FROSTED FLAKES CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl packs

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Frosted Flakes, WGR, #155	100 bowl pack(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	100	Dietary Fiber	1.00 g	Sodium	190.00 mg	Sat. Fat	0.00 g
Carbohydrates	24.00 g	Protein	1.00 g	Total Fat	0.50 g	Trans Fat	0.00 g

HONEY NUT CHEERIOS CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Honey Nut Cheerios, WGR, #154	100 bowl pack(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	120	Dietary Fiber	1.00 g	Sodium	190.00 mg	Sat. Fat	0.00 g
Carbohydrates	27.00 g	Protein	2.00 g	Total Fat	0.50 g	Trans Fat	0.00 g

HONEY NUT CHEX CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Honey Nut Chex, Gluten Free, WGR, #158	100 bowl pack(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	120	Dietary Fiber	1.00 g	Sodium	190.00 mg	Sat. Fat	0.00 g
Carbohydrates	27.00 g	Protein	2.00 g	Total Fat	0.50 g	Trans Fat	0.00 g

HONEY NUT SCOOTERS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereals, Honey Nut Scooters, WGR, #160	100 bowl pack(s)

DIRECTIONS

1. Place cereal bowl on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	190	Dietary Fiber	3.00 g	Sodium	410.00 mg	Sat. Fat	0.00 g
Carbohydrates	39.00 g	Protein	5.00 g	Total Fat	1.50 g	Trans Fat	0.00 g

MINI SPOONERS CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Mini Spooners, WGR, #159	100 bowl pack(s)

DIRECTIONS

1. Place cereal bowl on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	200	Dietary Fiber	6.00 g	Sodium	10.00 mg	Sat. Fat	0.00 g
Carbohydrates	46.00 g	Protein	5.00 g	Total Fat	1.00 g	Trans Fat	0.00 g

MARSHMALLOW MATEYS CEREAL

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Marshmallow Mateys, WGR, #161	100 bowl pack(s)

DIRECTIONS

1. Place cereal bowl on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	220	Dietary Fiber	2.00 g	Sodium	280.00 mg	Sat. Fat	0.00 g
Carbohydrates	48.00 g	Protein	4.00 g	Total Fat	2.00 g	Trans Fat	0.00 g

REESE'S PUFFS CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Reese's Puffs, WGR, #152	100 bowl pack(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	100	Dietary Fiber	1.00 g	Sodium	135.00 mg	Sat. Fat	0.50 g
Carbohydrates	18.00 g	Protein	2.00 g	Total Fat	2.50 g	Trans Fat	0.00 g

RICE CHEX CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Rice Chex, Gluten Free, WGR, #157	100 bowl pack(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	70	Dietary Fiber	0.90 g	Sodium	170.00 mg	Sat. Fat	0.00 g
Carbohydrates	16.00 g	Protein	1.00 g	Total Fat	0.00 g	Trans Fat	0.00 g

TRIX CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Trix, Reduced Sugar, WGR, #156	100 bowl pack(s)

DIRECTIONS

1. Place on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	80	Dietary Fiber	1.00 g	Sodium	130.00 mg	Sat. Fat	0.00 g
Carbohydrates	18.00 g	Protein	1.00 g	Total Fat	1.00 g	Trans Fat	0.00 g

ASSORTED COLD CEREALS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 6 **SIZE OF PORTION:** 1 bowl pack

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 6 SERVINGS)
Cereal, Cinnamon Toast, WGR, #153,	1 bowl pack(s)
Cereal, Frosted Flakes, WGR, #155	1 bowl pack(s)
Cereal, Honey Nut Cheerios, WGR, #154	1 bowl pack(s)
Cereal, Rice Chex, Gluten Free, WGR, #157	1 bowl pack(s)
Cereal, Trix, Reduced Sugar, WGR, #156	1 bowl pack(s)
Cereal, Reese's Puffs, WGR, #152	1 bowl pack(s)

DIRECTIONS

1. Place a variety of cereals on line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	95	Dietary Fiber	1.15 g	Sodium	157.50 mg	Sat. Fat	0.17 g
Carbohydrates	20.00 g	Protein	1.33 g	Total Fat	1.42 g	Trans Fat	0.00 g

CINNAMON ROLLS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 roll

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Roll, Cinnamon, WGR, #151	100 roll(s)

DIRECTIONS

1. Thaw product according to package and/or case directions.
2. Place on line for service.
3. Portion 1 roll per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	170	Dietary Fiber	4.00 g	Sodium	160.00 mg	Sat. Fat	1.00 g
Carbohydrates	27.00 g	Protein	4.00 g	Total Fat	6.00 g	Trans Fat	0.00 g

CROISSANT



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 croissant

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Croissant, WG, #148	100 croissant(s)-1 grain

DIRECTIONS

1. Thaw product according to package and/or case directions.
2. Place on line for service.
3. Portion 1 croissant per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	110	Dietary Fiber	1.00 g	Sodium	160.00 mg	Sat. Fat	2.00 g
Carbohydrates	15.00 g	Protein	3.00 g	Total Fat	4.50 g	Trans Fat	0.00 g

FRENCH TOAST STICKS (BRIGGS)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 3 sticks

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
French Toast, Sticks, WGR, #140	300 stick(s)

DIRECTIONS

1. Thaw and prepare product according to package and/or case directions.
2. Place on line for service.
3. Portion 3 French toast sticks per portion. Each portion provides 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	270	Dietary Fiber	4.00 g	Sodium	430.00 mg	Sat. Fat	2.00 g
Carbohydrates	38.00 g	Protein	8.00 g	Total Fat	11.00 g	Trans Fat	0.00 g

FRENCH TOAST STICKS (MERCHANTS)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 3 sticks

RECIPE HACCP PROCESS: #2 - Same day service



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
French Toast, Sticks, WGR, #140	300 stick(s)

DIRECTIONS

1. Thaw and prepare product according to package and/or case directions.
2. Place on line for service.
3. Portion 3 French toast sticks per serving. Each portion provides 2 oz. eq. whole grains.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of cooking process.

NUTRIENTS PER SERVING

Calories	250	Dietary Fiber	4.00 g	Sodium	300.00 mg	Sat. Fat	1.50 g
Carbohydrates	37.00 g	Protein	7.00 g	Total Fat	9.00 g	Trans Fat	0.00 g

APPLE FRUDEL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 72 **SIZE OF PORTION:** 1 frudel

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 72 SERVINGS)
Frudel, Apple, WGR, #138	72 frudel pouch(es)

DIRECTIONS

1. Thaw and prepare product according to package and/or case directions.
2. Place on line for service.
3. Portion 1 frudel per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	210	Dietary Fiber	2.00 g	Sodium	280.00 mg	Sat. Fat	1.50 g
Carbohydrates	36.00 g	Protein	5.00 g	Total Fat	6.00 g	Trans Fat	0.00 g

CHERRY FRUDEL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 72 **SIZE OF PORTION:** 1 frudel

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 72 SERVINGS)
Frudel, Cherry, WGR, #93	72 frudel pouch(es)

DIRECTIONS

1. Thaw and prepare product according to package and/or case directions.
2. Place on line for service.
3. Portion 1 frudel per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	210	Dietary Fiber	2.00 g	Sodium	280.00 mg	Sat. Fat	1.50 g
Carbohydrates	36.00 g	Protein	5.00 g	Total Fat	6.00 g	Trans Fat	0.00 g

HOT GRITS

MEAL COMPONENT CONTRIBUTION:

None

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Grits, Quick Preparation, #164	2 quart(s) + 3 cup(s), dry
Water, Boiling, Municipal	3 3/4 gallon(s)
Salt, Table, #343	1/4 cup(s)

DIRECTIONS

1. Bring water to a rolling boil in a braising pan or a large pot.
2. Slowly add grits and salt to water and stir to prevent lumps.
3. Heat for 5 minutes or until grits thicken. Stir as needed.
4. Transfer to steamtable pans and place on heated portion of service line.
5. Portion 1/2 cup serving with #8 scoop, 4 ounce ladle or 4 ounce spoodle per serving.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	63	Dietary Fiber	0.79 g	Sodium	287.25 mg	Sat. Fat	0.06 g
Carbohydrates	13.57 g	Protein	1.31 g	Total Fat	0.30 g	Trans Fat	0.00 g

BLUEBERRY MUFFIN LOAF



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 loaf

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin Loaf, Blueberry, WGR, #20	100 muffin loaves

DIRECTIONS

1. Thaw muffin loaves according to directions on package and/or case.
2. Place on line for service.
3. Portion 1 muffin loaf per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	196	Dietary Fiber	2.10 g	Sodium	78.00 mg	Sat. Fat	0.90 g
Carbohydrates	35.00 g	Protein	2.50 g	Total Fat	5.20 g	Trans Fat	0.00 g

APPLE CINNAMON MUFFIN



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 muffin

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin, Apple Cinnamon, WGR, #143	100 muffin(s)

DIRECTIONS

1. Thaw muffins according to directions on package and/or case.
2. Place on line for service.
3. Portion 1 muffin per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	117	Dietary Fiber	1.80 g	Sodium	74.00 mg	Sat. Fat	0.50 g
Carbohydrates	19.50 g	Protein	2.40 g	Total Fat	3.20 g	Trans Fat	0.00 g

BANANA MUFFIN



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 muffin

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin, Banana WGR, #142	100 muffin(s)

DIRECTIONS

1. Thaw muffins according to directions on package and/or case.
2. Place on line for service.
3. Portion 1 muffin per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	140	Dietary Fiber	1.80 g	Sodium	74.00 mg	Sat. Fat	0.50 g
Carbohydrates	20.00 g	Protein	2.40 g	Total Fat	3.30 g	Trans Fat	0.00 g

CHOCOLATE CHIP MUFFIN



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 muffin

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin, Chocolate Chip, WGR, #144	100 muffin(s)

DIRECTIONS

1. Thaw muffins according to directions on package and/or case.
2. Place on line for service.
3. Portion 1 muffin per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	118	Dietary Fiber	1.70 g	Sodium	74.00 mg	Sat. Fat	0.60 g
Carbohydrates	19.80 g	Protein	2.40 g	Total Fat	3.20 g	Trans Fat	0.00 g

ORANGE CRANBERRY MUFFIN



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 muffin

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin, Orange Cranberry, WGR, #141	100 muffin(s)

DIRECTIONS

1. Thaw muffins according to directions on package and/or case.
2. Place on line for service.
3. Portion 1 muffin per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	119	Dietary Fiber	1.70 g	Sodium	74.00 mg	Sat. Fat	4.00 g
Carbohydrates	19.80 g	Protein	2.30 g	Total Fat	3.30 g	Trans Fat	0.00 g

ASSORTED MUFFINS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 muffin

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Muffin, Apple Cinnamon, WGR, #143	25 muffin(s)
Muffin, Banana WGR, #142	25 muffin(s)
Muffin, Orange Cranberry, WGR, #141	25 muffin(s)
Muffin, Chocolate Chip, WGR, #144	25 muffin(s)

DIRECTIONS

1. Thaw muffins according to directions on package and/or case.
2. Place an assortment of muffins on line for service.
3. Portion 1 muffin per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	124	Dietary Fiber	1.75 g	Sodium	74.00 mg	Sat. Fat	0.47 g
Carbohydrates	19.77 g	Protein	2.37 g	Total Fat	3.25 g	Trans Fat	0.00 g

HOT OATMEAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 48 **SIZE OF PORTION:** 1/2 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 48 SERVINGS)
Water, Municipal, Mississippi	1 gallon(s) + 2 quart(s)
Cereal, Oatmeal, Quick, WGR, #165	3 quart(s), dry
Salt, Table, #343	1 1/2 teaspoon(s)

DIRECTIONS

1. Bring water to a boil in braising pan or in large pot.
2. Stir oatmeal and salt into boiling water. Cook for 5 minutes or until thickened. Stir as needed.
3. Place on line for service.
4. Portion 1/2 cup oatmeal per serving. Each portion provides 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	77	Dietary Fiber	2.05 g	Sodium	78.24 mg	Sat. Fat	0.23 g
Carbohydrates	13.71 g	Protein	2.67 g	Total Fat	1.32 g	Trans Fat	0.00 g

MINI PANCAKES IN A BAG



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pouch

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pancakes, Mini, WGR, Maple, #150	100 pouch(es)

DIRECTIONS

1. Thaw and prepare pouches according to case and/or package directions. Product may be heated or served at room temperature after thawing.
2. Place on line for service.
3. Portion 1 pouch per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	200	Dietary Fiber	3.00 g	Sodium	300.00 mg	Sat. Fat	1.00 g
Carbohydrates	34.00 g	Protein	4.00 g	Total Fat	5.00 g	Trans Fat	0.00 g

PANCAKE (1 OZ. EQ.)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pancake

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pancakes, WGR, Individual, #145	100 pancake(s)

DIRECTIONS

1. Prepare product according to directions on package and/or case.
2. Place on heated line for service.
3. Portion 1 pancake per serving. Each portion provides 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	80	Dietary Fiber	1.50 g	Sodium	155.00 mg	Sat. Fat	0.00 g
Carbohydrates	15.00 g	Protein	2.50 g	Total Fat	1.00 g	Trans Fat	0.00 g

PANCAKES (2 OZ. EQ.)



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 2 pancakes

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pancakes, WGR, Individual, #145	200 pancake(s)

DIRECTIONS

1. Prepare product according to directions on package and/or case.
2. Place on heated line for service.
3. Portion 2 pancakes per serving. Each portion provides 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	160	Dietary Fiber	3.00 g	Sodium	310.00 mg	Sat. Fat	0.00 g
Carbohydrates	30.00 g	Protein	5.00 g	Total Fat	2.00 g	Trans Fat	0.00 g

STRAWBERRY YOGURT SNACK MIX

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pouch

RECIPE HACCP PROCESS: #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Snack Mix, Strawberry Yogurt, WGR, #218	100 pouch(es)

DIRECTIONS

1. Place on line for service.
2. Portion 1 pouch per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	140	Dietary Fiber	2.00 g	Sodium	65.00 mg	Sat. Fat	1.00 g
Carbohydrates	27.00 g	Protein	2.00 g	Total Fat	3.50 g	Trans Fat	0.00 g

BLUEBERRY TOASTER PASTRY



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 1/4 oz. eq. whole grains

NUMBER OF PORTIONS: 144 **SIZE OF PORTION:** 1 pastry

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 144 SERVINGS)
Toaster Pastry, Blueberry Frosted, #167	144 pastries

DIRECTIONS

1. Place product on line for service.
2. Portion 1 pastry per serving. Each portion provides 1 1/4 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	200	Dietary Fiber	1.00 g	Sodium	170.00 mg	Sat. Fat	1.50 g
Carbohydrates	38.00 g	Protein	2.00 g	Total Fat	5.00 g	Trans Fat	0.00 g

STRAWBERRY TOASTER PASTRY (1)

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 120 **SIZE OF PORTION:** 1 pastry

RECIPE HACCP PROCESS: #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 120 SERVINGS)
Toaster Pastry Strawberry, WGR, Unfrosted, #195	120 pastries

DIRECTIONS

1. Place product on line for service.
2. Portion 1 pastry per serving. Each portion provides 1 oz. eq. whole grain.

NUTRIENTS PER SERVING

Calories	180	Dietary Fiber	3.00 g	Sodium	180.00 mg	Sat. Fat	1.00 g
Carbohydrates	37.50 g	Protein	2.00 g	Total Fat	2.25 g	Trans Fat	0.00 g

STRAWBERRY TOASTER PASTRY (2)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 120 **SIZE OF PORTION:** 2 pastries

RECIPE HACCP PROCESS: #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 120 SERVINGS)
Toaster Pastry Strawberry, WGR, Unfrosted, #195	240 package(s), (2 pastries per package)

DIRECTIONS

1. Place product on line for service.
2. Portion 2 toaster pastries per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	360	Dietary Fiber	6.00 g	Sodium	360.00 mg	Sat. Fat	2.00 g
Carbohydrates	75.00 g	Protein	4.00 g	Total Fat	4.50 g	Trans Fat	0.00 g

WAFFLES IN A BAG



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pouch

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Waffles, Mini, Pouch, WGR, #146	100 pouch(es)

DIRECTIONS

1. Prepare product according to directions on package and/or case.
2. Place on heated line for service.
3. Portion 1 pouch per serving. Each portion provides 2 oz. eq. whole grains.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	200	Dietary Fiber	4.00 g	Sodium	220.00 mg	Sat. Fat	1.50 g
Carbohydrates	35.00 g	Protein	4.00 g	Total Fat	5.00 g	Trans Fat	0.00 g