

# Lake Havasu Unified School District

**Recipe: 000388 Banana Split Bar**

Recipe HACCP Process: #1 No Cook

Recipe Source: Lake Havasu  
Recipe Group: Desserts

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

901306 Banana, Fresh.....	1/2 EACH	
825700 YOGURT Bulk, Vanilla 32oz.....	1/4 CUP	
902473 Granola, Cereal.....	1 TBSP	
902471 Rice Krispies, Bulk.....	1 TBSP	
825152 PEACHES, Diced w/ Juice.....	1 TBSP	
900009 PINEAPPLE IN HEAVY SYRUP JACKPOT...	1 TBSP	
R000188 Raisins Single Serve 1.33 oz.....	1/2 Box	

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	244 kcal	Cholesterol	4.05 mg	Protein	4.71 g	Calcium	112.45 mg	3.45%	Calories from Total Fat
Total Fat	0.93 g	Sodium	185.37 mg	Vitamin A	74.95 RE	Iron	4.71 mg	2.10%	Calories from Saturated Fat
Saturated Fat	0.57 g	Carbohydrates	55.57 g	Vitamin A	374.77 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	2.67 g	Vitamin C	8.77 mg	Ash <sup>1</sup>	0.00 g	91.03%	Calories from Carbohydrates
								7.71%	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

<sup>1</sup> - denotes optional nutrient values

<u>Miscellaneous</u>		<u>Attributes</u>	<u>Allergens Present</u>	<u>Allergens Absent</u>	<u>Allergens Unidentified</u>
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
<b><u>Moisture &amp; Fat Change</u></b>					
Moisture Change.	0%				? - Fish
Fat Change.....	0%				? - Shellfish
Type of Fat.....					? - Soy
					? - Wheat

**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.**

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Recipe

Aug 15, 2011

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	901306	Banana, Fresh			
I	825700	YOGURT Bulk, Vanilla 32oz			
I	902473	Granola, Cereal			
I	902471	Rice Krispies, Bulk			
I	825152	PEACHES, Diced w/ Juice			
I	900009	PINEAPPLE IN HEAVY SYRUP JACKPOT			
R	000188	Raisins Single Serve 1.33 oz.			

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