

# How'd they do that?

## Riverside Elementary School District

### Protein Bars

Served monthly since August 2020  
Cost: \$0.31/serving (including plastic wrap)  
1.5 oz. grains per serving  
0.5 meat/meat alternate per serving  
0.25 cup fruit per serving

### Ingredients

**Coconut, Oats, Craisins,  
Sunflower Seed Butter, Syrup,  
Cocoa Powder, Butter,  
Vanilla, Extract**

### Preparation

#### Equipment/Supplies

- Food processor (optional)
- Parchment paper
- Sheet pan
- Knife
- Freezer
- Plastic wrap (optional)

#### Food Safety

- Butter should be melted at 85-90°F
- Proper handwashing and glove use is required when preparing and slicing bars
- Cover sheet pan when storing or freezing
- Keep cold food at or below 41°F

#### Labor

- No special training required to prepare this recipe
- Ingredients are placed into a bowl and mixed to combine
- Ingredients are then spread out on a sheet pan and placed in a freezer to form (freeze time is about 1 hour)
- Bars should be carefully sliced into squares before wrapping and serving



### Backstory

The pandemic caused a lot of concerns, as vendors were running out of Individually Wrapped (IW) breakfast items. Concurrently, Riverside wanted to use their leftover sunflower seed butter. Seeing that the students did not enjoy SunButter and jelly sandwiches or using SunButter as a dip, they decided to search for homemade cereal bar recipes that called for some kind of nut butter that can easily be substituted. There were several recipes they found that had too much sugar, so they ended up creating their own! After testing it in the kitchen, they decided it would be a wonderful addition to their menu!

### Serving Suggestion

#### Grab n Go Breakfast or Snack

- Fresh Fruit (USDA Foods Entitlement; available through DoD Fresh)
- Choice of milk (available from Shamrock Foods)