

Cookbook for KING MIDDLE SCHOOL

Created by HPS Menu Planner

Table of Contents

Yogurt Grab and Go #2

Yogurt Grab and Go #2

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK N/F 48-4Z LTN FIT	1 Each		765020
CEREAL CINN TOAST R/S BWL 96CT GENM	1 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
JUICE BOX ORNG TANGR 100 40- 4.23FLZ	1 Each		698251
PASTRY POP-TART WGRAIN FUDG 120-1CT	1 Each		452062
APPLE DELICIOUS RED 113CT MRKN	1 Each		197696

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	2.25
Fruit	1.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		481.80	
Fat		6.20g	
SaturatedFat		1.50g	
Trans Fat		0.00g	
Cholesterol		5.00mg	
Sodium		426.40mg	
Carbohydrates		104.00g	
Fiber		9.30g	
Sugar		54.00g	
Protein		8.40g	
Vitamin A	1374.52IU	Vitamin C	11.15mg
Calcium	408.28mg	Iron	5.57mg