

Cookbook for MERCER HIGH SCHOOL

Created by HPS Menu Planner

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Yogurt Grab and Go #2

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NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-7437

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	476.60
Fat	6.20g
SaturatedFat	1.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	426.30mg
Carbohydrates	103.00g
Fiber	9.10g
Sugar	53.00g
Protein	8.30g
Vitamin A 1369.12IU	Vitamin C 10.69mg
Calcium 407.68mg	Iron 5.55mg