

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