

Hummus Cheese and Pretzel Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-48639
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bongards Mozzarella String Cheese Sticks are individually wrapped and perfect for snacking.	1 Each	READY_TO_EAT none	402951
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
PRETZEL ROD SFT WHEAT	2 Each	Basic Preparation LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES* AT 350 ° 400 DEGREES F. MICROWAVE: 20 30 SECONDS* ON HIGH	607940
carrot and celery sticks	1 Serving	• Hold cold foods at 41 °F or below Serve in 4oz tray	R-44838

Preparation Instructions

Prepare pretzels as instructed. Place all items in a clear container and put in grab-and-go merchandiser.

Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	359.75
Fat	9.00g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	930.00mg
Carbohydrates	53.84g
Fiber	10.78g
Sugar	8.68g
Protein	18.50g
Vitamin A 10700.00IU	Vitamin C 3.90mg
Calcium 81.68mg	Iron 4.08mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available