

MJSH BELGIAN WAFFLE WITH TRIX YOGURT

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-10699
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WAFFLE BEL SGR PRL 48-3.5IN GINNYS	2 Each		243603
YOGURT STRAWB BAN BASH L/F	2 Each	READY_TO_EAT Ready to eat single serving	551760

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	3.000
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 Each

Amount Per Serving	
Calories	780.00
Fat	31.00g
SaturatedFat	12.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	770.00mg
Carbohydrates	108.00g
Fiber	2.00g
Sugar	54.00g
Protein	16.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 299.76mg	Iron 0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available