

Protein Pack

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Pack	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-44319
School:	Concord High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK VAN FF PRO	4 Ounce	1/2 cup	673251
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	N/A	680130
EGG HARD CKD PLD	1 Each	N/A	219160
Variety of Fresh Fruits	1/2 cup	N/A	
Variety of 1 ounce grain items	2 Serving		R-44321

Preparation Instructions

Pack all items together.

Note: Students should be able to take all vegetable choices from the line, another serving of fruit, and milk.

Meal Components (SLE)

Amount Per Serving

Meat	4.500
Grain	2.000
Fruit	0.500
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 Pack

Amount Per Serving	
Calories	495.23
Fat	16.83g
SaturatedFat	6.50g
Trans Fat	0.00g
Cholesterol	191.67mg
Sodium	635.19mg
Carbohydrates	60.33g
Fiber	5.46g
Sugar	27.00g
Protein	25.67g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 439.79mg	Iron 2.55mg

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

Nutrition - Per 100g

No 100g Conversion Available
