

Yogurt Pack

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43555
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ LT IW	2 Each		566413
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422
YOGURT DANIMAL STRAWB BAN N/F	1 Each	N/A	869921
YOGURT RASPB RNBW L/F	1 Each	N/A	551770

Preparation Instructions

Package together 1Yogurt, 1 String cheese and 1 package of Goldfish OR Cheez-its

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	235.00
Fat	6.75g
SaturatedFat	2.75g
Trans Fat	0.00g
Cholesterol	12.50mg
Sodium	420.00mg
Carbohydrates	28.50g
Fiber	0.50g
Sugar	9.50g
Protein	13.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 380.00mg	Iron 0.71mg

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

Nutrition - Per 100g

No 100g Conversion Available