

COLBY JACK CHEESE SLICE



Servings:	1.00	Category:	Condiments or Other
Serving Size:	1.00 Slice	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9970
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE COLBY JK SLCD	1 Each		105988

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.750
Grain	0.000
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 Slice

Amount Per Serving			
Calories		80.00	
Fat		7.00g	
SaturatedFat		3.50g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		130.00mg	
Carbohydrates		1.00g	
Fiber		0.00g	
Sugar		0.00g	
Protein		5.00g	
Vitamin A	50.00IU	Vitamin C	0.00mg
Calcium	150.00mg	Iron	0.20mg

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

Nutrition - Per 100g

No 100g Conversion Available