

MJSH BELGIAN WAFFLE WITH TRIX YOGURT



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