

# Bento Box



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39357
School:	Central Elementary School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHS	2 Ounce	Ready To Eat	233927
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Ready To Eat	680130
YOGURT STRAWB TUBE 2Z	2 Each	Ready to Eat	895090

## Preparation Instructions

Bento Box Container- 200332  
Lid- 366332

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		188.49	
<b>Fat</b>		8.58g	
<b>SaturatedFat</b>		4.64g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		30.36mg	
<b>Sodium</b>		249.09mg	
<b>Carbohydrates</b>		17.73g	
<b>Fiber</b>		0.04g	
<b>Sugar</b>		10.00g	
<b>Protein</b>		11.71g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	428.91mg	<b>Iron</b>	0.04mg

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

## Nutrition - Per 100g

No 100g Conversion Available