

# Apples + Cheese arl



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-32590
School:	Certification High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Apples, Gala	100 Serving	READY_TO_EAT Rinse under cool water and let dry	310
Cheddar Cheese Stick	6 Pound 4 Ounce (100 Ounce)		
Bananas, raw	100 cup, mashed		9040
Crackers; Cheez-It Crackers Pepper Jack, 36/3 oz	1		119235

## Preparation Instructions

Added 119235 to recipe on 07/28/22

Changed the amount to 100 ounce and a conversion is showing 1.000 0 = 1.000 ounce. It has not change the nutrition for this recipe.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	0.000
<b>Fruit</b>	1.000
<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: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	408.25		
<b>Fat</b>	9.74g		
<b>SaturatedFat</b>	5.25g		
<b>Trans Fat*</b>	0.00g		
<b>Cholesterol</b>	30.00mg		
<b>Sodium</b>	194.25mg		
<b>Carbohydrates</b>	75.92g		
<b>Fiber</b>	9.85g		
<b>Sugar</b>	45.36g		
<b>Protein</b>	8.88g		
<b>Vitamin A</b>	144.00IU	<b>Vitamin C</b>	19.58mg
<b>Calcium</b>	38.25mg	<b>Iron</b>	0.80mg

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

## Nutrition - Per 100g

No 100g Conversion Available