

Bagel with String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51935
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	N/A	786580
BAGEL WHT WGRAIN IW	1 Each		217911

Preparation Instructions

Package one string cheese with bagel together.

Note: Counts as 2 items as Breakfast.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.750
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		220.00	
Fat		7.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		360.00mg	
Carbohydrates		30.00g	
Fiber		4.00g	
Sugar		6.00g	
Added Sugar		0.00g	
Protein		12.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	238.00mg	Iron	1.44mg

Nutrition - Per 100g

No 100g Conversion Available	
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