

Sunshine Yogurt Lunch

| | | | |
|----------------------|------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Serving | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-52993 |
| School: | Highland Middle School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------------|-------------|------------------------------------------------------------------------------------|------------|
| Variety of Fresh Fruits | 1 Cup | Grapes, apples, or other fresh fruit options 1/2 cup per serving= 1/2 cup Fruit | |
| CARROT STIX STRAIGHT CUT | 1 Cup | | 576646 |
| BREAD ULTRA LOCO WGRAIN 6.5IN | 1 Each | cut into pieces/slices 1/2 piece = 1 Grain | 696831 |
| CRACKER CHEEZ-IT WGRAIN IW | 1 Each | 1 Grain | 282422 |
| CRACKER GLDFSH CHED WGRAIN | 1 Package | 1 Grain | 736280 |
| CHEESE COLBY JK CUBE IW 200-1Z LOL | 2 Each | | 680130 |
| YOGURT DANIMAL STRAWB N/F | 2 Each | 1 Meat | 885750 |

Preparation Instructions

Use container-GFS#772001- to package the following items-

*1/2 cup of fresh fruit

*1/2 cup of carrots

*1 package of cheese cubes

*1 package of Goldfish or Cheez-its

*1/2 of pita flatbread,

*1 cup of Yogurt

Meal Components (SLE)

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat | 2.000 |
| Grain | 2.000 |
| Fruit | 0.500 |
| GreenVeg | 0.000 |
| RedVeg | 0.500 |
| OtherVeg | 0.000 |
| Beans, Peas, and Lentils | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Serving

| Amount Per Serving | | | |
|----------------------|------------|------------------|--------|
| Calories | | 426.65 | |
| Fat | | 12.00g | |
| Saturated Fat | | 4.75g | |
| Trans Fat | | 0.00g | |
| Cholesterol | | 20.00mg | |
| Sodium | | 504.25mg | |
| Carbohydrates | | 65.54g | |
| Fiber | | 6.64g | |
| Sugar | | 28.27g | |
| Added Sugar | | 0.00g | |
| Protein | | 15.46g | |
| Vitamin A | 9881.47mcg | Vitamin C | 3.60mg |
| Calcium | 430.52mg | Iron | 1.60mg |

Nutrition - Per 100g

No 100g Conversion Available