

Sunshine Lunch

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-9651

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	1/2 cup per serving= 1/2 cup Red/Orange vegetable	576646
HUMMUS CUP RSTD RED PEPPER	1 Each	1.50 Meat	601133
HUMMUS CLSC GRAB N GO	1 Each	1 Meat	139603
BREAD ULTRA LOCO WGRAIN 6.5IN	1 Each	cut into pieces/slices 1/2 = 1 Grain	696831
CRACKER CHEEZ-IT WGRAIN IW	1 Each	1 Grain	282422
CRACKER GLDFSH CHED WGRAIN	1 Package	1 Grain Or GFS#112702	736280
CHEESE COLBY JK CUBE IW 200-1Z LOL	2 Each	1 Meat	680130
TURKEY BRST SLCD OVN RSTD	3 Slice	1.5 Meat	689541
TURKEY HAM SLCD .51Z	3 Slice	1 Meat	656891

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 hummus cup (either GFS#601133 or GFS#139603)

*1 package of Goldfish or Cheez-its

*1/2 of pita flatbread,

* 3 slices of deli meat rolled up (GFS#689541 or GFS#656891)

Updated 5.2.25

Meal Components (SLE)

Amount Per Serving

Meat	3.000
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		554.80	
Fat		20.57g	
Saturated Fat		6.25g	
Trans Fat		0.00g	
Cholesterol		57.81mg	
Sodium		995.28mg	
Carbohydrates		65.42g	
Fiber		10.64g	
Sugar		20.27g	
Added Sugar		0.00g	
Protein		28.98g	
Vitamin A	9891.75mcg	Vitamin C	3.61mg
Calcium	357.04mg	Iron	3.50mg

Nutrition - Per 100g

No 100g Conversion Available