

Homemade Turkey Lunchable (Southridge)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-53075
School:	Southridge Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SMKD COIN 1.75IN SLCD	3 3/10 Ounce	5 Slices per lunchable	394123
Land O Lakes® 50% Reduced Fat American Cheese Slices	4 Slice		499789
Appleways 1.85 oz WG Simply Wholesome Veggie Crispy Crackers – Individually Wrapped	1 Package		76302
Savory Bites Wheat Crackers	1 Each		74131

Preparation Instructions

Each lunchable should get 5 turkey coins, 2 slices of cheese (cut into squares) and then either 1 bag of Veggie Crisp crackers OR 1 bag of Savory Crackers

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	2.000
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: 2.00

Serving Size: 1.00 Kit

Amount Per Serving			
Calories		315.15	
Fat		11.25g	
Saturated Fat		3.75g	
Trans Fat		0.00g	
Cholesterol		40.08mg	
Sodium		985.74mg	
Carbohydrates		36.00g	
Fiber		3.50g	
Sugar		4.50g	
Added Sugar		2.50g	
Protein		19.03g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	175.00mg	Iron	1.78mg

Nutrition - Per 100g

No 100g Conversion Available