

# Protein Pack

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Pack	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-44319
<b>School:</b>	Concord High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT GRK VAN FF PRO	4 Ounce	1/2 cup	673251
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Package	N/A	680130
EGG HARD CKD PLD	1 Each	N/A	219160
Variety of Fresh Fruits	1/2 cup	N/A	
Variety of 1 ounce grain items	2 Serving		R-44321

## Preparation Instructions

Pack all items together.

Note: Students should be able to take all vegetable choices from the line, another serving of fruit, and milk.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	4.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Pack

Amount Per Serving	
<b>Calories</b>	495.23
<b>Fat</b>	16.83g
<b>Saturated Fat</b>	6.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	191.67mg
<b>Sodium</b>	635.19mg
<b>Carbohydrates</b>	60.33g
<b>Fiber</b>	5.46g
<b>Total Sugar</b>	27.00g
<b>Added Sugar</b>	7.33g
<b>Protein</b>	25.67g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 439.79mg	<b>Iron</b> 2.55mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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