

# Yogurt w/Honey Oat Goldfish

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-8550
<b>School:</b>	Graves County Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL VAN N/F	1 Each	OPEN AND EAT	200612
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	READY TO SERVE	770960

## Preparation Instructions

OPEN AND EAT

CCP: Hold at 50°F -70°F

CCP: Hold for cold service at 41° F or lower.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<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: 0.00 Serving

Amount Per Serving	
<b>Calories</b>	190.00
<b>Fat</b>	4.00g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	170.00mg
<b>Carbohydrates</b>	33.00g
<b>Fiber</b>	1.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	5.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 320.00mg	<b>Iron</b> 4.40mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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