

Bento Box

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-39357
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHS	2 Ounce	Ready To Eat	233927
CHEESE COLBY JK CUBE IW 200-1Z LOL	1 Ounce	Ready To Eat	680130
YOGURT STRAWB TUBE 2Z	2 Each	Ready to Eat	895090

Preparation Instructions

Bento Box Container- 200332

Lid- 366332

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	188.49
Fat	8.58g
Saturated Fat	4.64g
Trans Fat	0.00g
Cholesterol	30.36mg
Sodium	249.09mg
Carbohydrates	17.73g
Fiber	0.04g
Total Sugar	10.00g
Added Sugar	6.00g
Protein	11.71g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 428.91mg	Iron 0.04mg

Nutrition - Per 100g

No 100g Conversion Available
