

Fruit & Yogurt Plate

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-41496

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	Ready To Eat	786580
YOGURT DANIMAL VAN N/F	1 Each	Ready To Eat	200612
CANTALOUPE HNYDEW CHNK	1/2 Cup	Ready To Eat	154415
CRACKER CHEEZ-IT WGRAIN	1 Package	Ready To Eat	512342

Preparation Instructions

Container-

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

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	1.500
Fruit	0.500
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	315.00
Fat	10.50g
Saturated Fat	5.00g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	470.00mg
Carbohydrates	43.00g
Fiber	2.90g
Total Sugar	19.00g
Added Sugar	5.00g
Protein	13.80g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 337.00mg	Iron 1.41mg

Nutrition - Per 100g

No 100g Conversion Available
