

Uncrustable with String Cheese & Goldfish Crackers

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-33627
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PBJ GRP WGRAIN	1 Each		527462
SAND UNCRUST PBJ STRAWB	1 Each		536012
CHEESE STRING MOZZ LT IW	2 Each	Or Use GFS 786580	786801
CRACKER GLDFSH CHED WGRAIN	2 Package		736280

Preparation Instructions

Meal consist of 1 uncrustable, string cheese, and 1 package of goldfish crackers.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	460.00
Fat	22.00g
Saturated Fat	5.50g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	640.00mg
Carbohydrates	47.00g
Fiber	4.00g
Total Sugar	16.00g
Added Sugar	12.50g
Protein	18.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 263.50mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available
