

Fries Smiley PK



Servings:	1.00	Category:	Vegetable
Serving Size:	2.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45119
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Smiley Fries	2 Ounce		228818

Preparation Instructions

CONVECTION OVEN: PREHEAT OVEN TO 425*F. SPREAD PRODUCT EVENLY ON A SHALLOW BAKING PAN. BAKE FOR 9 TO 13 MINUTES, TURNING ONCE FOR UNIFORM COOKING. FOR BEST RESULTS, COOK FROM A FROZEN STATE USING RECOMMENDED TIME AND TEMPERATURE. ALWAYS COOK TO A LIGHT GOLDEN COLOR. DO NOT OVERCOOK.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.333

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Ounce

Amount Per Serving	
Calories	106.67
Fat	4.00g
Saturated Fat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.33mg
Carbohydrates	16.67g
Fiber	1.33g
Total Sugar	0.00g
Added Sugar	0.00g**
Protein	1.33g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 1.33mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

Calories	188.13
Fat	7.05g
Saturated Fat	1.18g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	270.43mg
Carbohydrates	29.39g
Fiber	2.35g
Total Sugar	0.00g
Added Sugar	0.00g**
Protein	2.35g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 0.00mg	Iron 2.35mg

**One or more nutritional components are missing from at least one item on this recipe.