

Educational Shortbread Crackers

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45234
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER STATESCAPITALS SMRT	1 Package		159371

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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 Package

Amount Per Serving			
Calories	120.00		
Fat	4.00g		
Saturated Fat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	65.00mg		
Carbohydrates	22.00g		
Fiber	2.00g		
Total Sugar	6.00g		
Added Sugar	6.00g		
Protein	2.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	4.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available