

# Grab&Go-Hummus Cheese and Pretzel Box

NO IMAGE

<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-48639
<b>School:</b>	Walton-Verona High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Bongards Mozzarella String Cheese Sticks are individually wrapped and perfect for snacking.	1 Each	READY_TO_EAT none	402951
HUMMUS CUP RSTD RED PEPPER	1 Each		601133
PRETZEL ROD SFT WHEAT	2 Each	Basic Preparation LAY FROZEN PRODUCT FLAT ON TRAY OR MICROWAVE-PROOF CONTAINER. IF DESIRED, MIST WITH WATER THEN SPRINKLE WITH SALT OR PRESS PRETZEL FACE DOWN ON BED OF SALT. CONVENTIONAL OVEN: 2-3 MINUTES* AT 350 ° 400 DEGREES F. MICROWAVE: 20 30 SECONDS* ON HIGH	607940
carrot and celery sticks	1 Serving	• Hold cold foods at 41 °F or below Serve in 4oz tray	R-44838

## Preparation Instructions

Prepare pretzels as instructed. Place all items in a clear container and put in grab-and-go merchandiser.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	370.00
<b>Fat</b>	9.00g
<b>Saturated Fat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	985.00mg
<b>Carbohydrates</b>	56.00g
<b>Fiber</b>	12.00g
<b>Total Sugar</b>	10.00g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.00g
<b>Vitamin A</b> 9695.00mcg	<b>Vitamin C</b> 2.00mg
<b>Calcium</b> 105.00mg	<b>Iron</b> 4.90mg

## Nutrition - Per 100g

No 100g Conversion Available