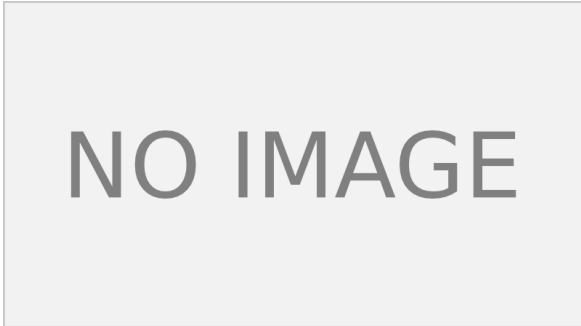


Vegetable Egg Roll



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-57055
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
EGG ROLL VEG 3Z	1 Each		323848

Preparation Instructions

Basic Preparation

Conventional Oven: Preheat oven to 425 degrees F, and cook from 17-18 minutes if thawed or 25-26 minutes from frozen. Convection Oven: Preheat oven to 350 degrees F, and cook for 10-11 minutes if thawed, or 18-19 minutes from frozen. Microwave: Heat on high for 35 secones if frozen, or 95 minutes from thawed.

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	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	165.00
Fat	4.50g
Saturated Fat	0.60g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	529.40mg
Carbohydrates	25.00g
Fiber	2.40g
Total Sugar	2.00g
Added Sugar	1.00g
Protein	3.50g
Vitamin A 70.60mcg	Vitamin C 8.20mg
Calcium 35.30mg	Iron 1.30mg

Nutrition - Per 100g

No 100g Conversion Available