

Cheddar Goldfish Cracker

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45510
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER GLDFSH CHS	1 Each	READY_TO_EAT Ready to Enjoy	110431

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 Serving

Amount Per Serving	
Calories	100.00
Fat	3.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	180.00mg
Carbohydrates	14.00g
Fiber	1.00g
Total Sugar	0.00g
Added Sugar	0.00g
Protein	2.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 30.00mg	Iron 0.90mg

Nutrition - Per 100g

No 100g Conversion Available