

Cereal, Goldfish Crackers, Cheese Stick, and Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57728
School:	Van Rensselaer Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ IW	1 Each	N/A	786580
CRACKER GLDFSH CHED WGRAIN	1 Package		736280
YOGURT RASPB RNBW L/F	1 Each	Or Use GFS#885750	551770
Assorted Variety of Cereal	1 Each		R-57517

Preparation Instructions

Package cereal, string cheese, goldfish crackers, and yogurt together.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
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	371.41
Fat	11.83g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	25.00mg
Sodium	603.68mg
Carbohydrates	54.00g
Fiber	2.04g
Total Sugar	15.67g
Added Sugar	9.67g
Protein	14.14g
Vitamin A 44.44mcg	Vitamin C 0.00mg
Calcium 443.64mg	Iron 5.16mg

Nutrition - Per 100g

No 100g Conversion Available
