

Muffin, 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-57726
School:	Van Rensselaer Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each	Or use GFS#557991	557970
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

Preparation Instructions

Package muffin, 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	450.00
Fat	16.00g
Saturated Fat	6.50g
Trans Fat	0.00g
Cholesterol	55.00mg
Sodium	565.00mg
Carbohydrates	61.00g
Fiber	2.00g
Total Sugar	26.00g
Added Sugar	21.00g
Protein	15.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 388.00mg	Iron 1.60mg

Nutrition - Per 100g

No 100g Conversion Available
