

Soy Jammer with Cheese Stick & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57740
School:	Rensselaer Central Primary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND SOY BTR & JAM WGRAIN IW	1 Each		630302
CHEESE STIX COLBY JK R/F IW	1 Each	N/A	786510
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

Package all items 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	470.00
Fat	24.50g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	570.00mg
Carbohydrates	43.00g
Fiber	4.00g
Total Sugar	12.00g
Added Sugar	10.00g
Protein	18.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 341.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available