

Uncrustable with Cheese Stick & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-57752
School:	Tri-County Jr./Sr. High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
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	490.00		
Fat	26.50g		
Saturated Fat	8.00g		
Trans Fat	0.00g		
Cholesterol	30.00mg		
Sodium	640.00mg		
Carbohydrates	47.00g		
Fiber	4.00g		
Total Sugar	15.00g		
Added Sugar	12.00g		
Protein	18.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	263.00mg	Iron	1.70mg

Nutrition - Per 100g

No 100g Conversion Available