

Protein Pack



Servings:	20.000	Category:	Entree
Serving Size:	1.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-55861
School:	The Grind		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TACO CUP	20 Each		437078
CHIP TORTL RND R/F	20 Each		662512
CHEESE STRING MOZZ LT IW	20 Each		566413

Preparation Instructions

Place all items in a container.

Store in cooler til service.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.500
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: 20.000

Serving Size: 1.00

Amount Per Serving	
Calories	380.00
Fat	13.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	540.00mg
Carbohydrates	47.00g
Fiber	8.00g
Total Sugar	3.00g
Added Sugar	0.00g
Protein	16.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 281.00mg	Iron 2.60mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available