

Field Trip Sack Lunch

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-19193

Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM SLCD .5Z	4 Slice		294187
CHEESE AMER 160CT SLCD	1 Slice		150260
96-4.5Z APPLESAUCE STRAWB COMM A1490	1 Each		659662
CARROT BABY WHL PETITE	1/2 Cup		768146
DRESSING RNCH CUP	1 Ounce		537705
Bun White Wheat 4"	1 Each	READY_TO_EAT	51022
CRACKER ANIMAL WGRAIN	1 Package		682840

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.234
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	569.06
Fat	24.50g
Saturated Fat	6.00g
Trans Fat	0.00g
Cholesterol	37.50mg
Sodium	1262.81mg
Carbohydrates	70.75g
Fiber	4.94g
Total Sugar	23.38g
Added Sugar	9.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 60.00mg
Calcium 95.00mg	Iron 1.58mg

Nutrition - Per 100g

Calories	802.97
Fat	34.57g
Saturated Fat	8.47g
Trans Fat	0.00g
Cholesterol	52.91mg
Sodium	1781.87mg
Carbohydrates	99.83g
Fiber	6.97g
Total Sugar	32.98g
Added Sugar	12.70g
Protein	29.63g
Vitamin A 0.00mcg RAE	Vitamin C 84.66mg
Calcium 134.05mg	Iron 2.22mg