

Wow Uncrustable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-51875
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
APPLESAUCE STRAWB UNSWT CUP	1 Each		699211
CARROT BABY WHL PETITE	4 Ounce		768146
SAND SOY BTR & JAM WGRAIN IW	1 Each		661222
CRACKER CHEEZ-IT WGRAIN	1 Package		512342

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	3.500
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.625
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	767.50
Fat	33.50g
Saturated Fat	7.00g
Trans Fat	0.00g
Cholesterol	5.00mg
Sodium	687.50mg
Carbohydrates	97.00g
Fiber	14.50g
Total Sugar	36.00g
Added Sugar	16.00g
Protein	21.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 308.00mg	Iron 6.20mg

Nutrition - Per 100g

Calories	676.81
Fat	29.54g
Saturated Fat	6.17g
Trans Fat	0.00g
Cholesterol	4.41mg
Sodium	606.26mg
Carbohydrates	85.54g
Fiber	12.79g
Total Sugar	31.75g
Added Sugar	14.11g
Protein	18.52g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 271.60mg	Iron 5.47mg