

Educational Shortbread Crackers



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-45234
School:	Walton-Verona Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CRACKER STATES&CAPITALS SMRT	1 Package		159371

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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 Package

Amount Per Serving	
Calories	120.00
Fat	4.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	65.00mg
Carbohydrates	22.00g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	6.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 4.00mg	Iron 1.00mg

Nutrition - Per 100g

Calories	423.28
Fat	14.11g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	229.28mg
Carbohydrates	77.60g
Fiber	7.05g
Total Sugar	21.16g
Added Sugar	21.16g
Protein	7.05g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 14.11mg	Iron 3.53mg