

Lunchable-Yogurt, Goldish, String Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-44180

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT DANIMAL STRAWB N/F	1 Ounce	READY_TO_EAT READY_TO_EAT	885750
CRACKER GLDFSH CINN	1 Package	READY_TO_EAT Ready to Enjoy	194510
CHEESE STRING MOZZ IW 1Z	1 Each		714960

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.250
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 Serving

Amount Per Serving	
Calories	217.50
Fat	10.00g
Saturated Fat	4.50g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	353.75mg
Carbohydrates	22.50g
Fiber	1.00g
Total Sugar	9.50g
Added Sugar	1.00g
Protein	9.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 325.00mg	Iron 2.00mg

Nutrition - Per 100g

Calories	767.20
Fat	35.27g
Saturated Fat	15.87g
Trans Fat	0.00g
Cholesterol	52.91mg
Sodium	1247.80mg
Carbohydrates	79.37g
Fiber	3.53g
Total Sugar	33.51g
Added Sugar	3.53g
Protein	31.75g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1146.38mg	Iron 7.05mg