

Go Gurt Grab and Go

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-58600
School:	Walton-Verona K-5		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
YOGURT VAR PK L/F TUBE	1 Each		863901
CHEESE STRING MOZZ IW	1 Each		786580
CRACKER GLDFSH CHS	1 Each	READY_TO_EAT Ready to Enjoy	110431
CRACKER GRHM HNY L/F	1 Package		256137

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.500
Grain	1.500
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 Each

Amount Per Serving	
Calories	290.00
Fat	11.50g
Saturated Fat	4.83g
Trans Fat	0.00g
Cholesterol	26.67mg
Sodium	475.00mg
Carbohydrates	36.33g
Fiber	1.00g
Total Sugar	12.00g
Added Sugar	6.00g
Protein	10.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 381.33mg	Iron 1.30mg

Nutrition - Per 100g

No 100g Conversion Available