

# Lunchable-Yogurt, Goldish, String Cheese



<b>Servings:</b>	1.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	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

<b>Meat/Meat Alternate</b>	1.250
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

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