

EZ Jammer Pack

| | | | |
|----------------------|-----------------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-58578 |
| School: | Beiriger and Wadsworth Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|------------------------------|-------------|-------------------|------------|
| SAND SOY BTR & JAM WGRAIN IW | 2 Each | | 630302 |
| CRACKER GLDFSH CHED WGRAIN | 1 Package | | 736280 |
| CRACKER CHEEZ-IT WGRAIN IW | 1 Package | | 282422 |
| CHEESE STRING MOZZ LT IW | 2 Each | | 786801 |

Preparation Instructions

Package together 1 EZ Jammer, 1 String cheese and 1 package of Goldfish OR Cheez-its

Meal Components

Amount Per Serving

| | |
|---------------------------------|-------|
| Meat/Meat Alternate | 2.000 |
| Grain | 2.000 |
| 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: 2.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|------------------------------|-------------------------|
| Calories | 440.00 |
| Fat | 20.00g |
| Saturated Fat | 5.25g |
| Trans Fat | 0.00g |
| Cholesterol | 10.00mg |
| Sodium | 560.00mg |
| Carbohydrates | 43.00g |
| Fiber | 4.50g |
| Total Sugar | 13.00g |
| Added Sugar | 10.00g |
| Protein | 18.00g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 381.00mg | Iron 2.71mg |

Nutrition - Per 100g

| | |
|------------------------------|-------------------------|
| Calories | 4139.23 |
| Fat | 188.15g |
| Saturated Fat | 49.39g |
| Trans Fat | 0.00g |
| Cholesterol | 94.07mg |
| Sodium | 5268.11mg |
| Carbohydrates | 404.52g |
| Fiber | 42.33g |
| Total Sugar | 122.30g |
| Added Sugar | 94.07g |
| Protein | 169.33g |
| Vitamin A 0.00mcg RAE | Vitamin C 0.00mg |
| Calcium 3584.20mg | Iron 25.49mg |