

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