

# Uncrustable with Cheez-it Crackers (Middle)

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-58248
<b>School:</b>	Griffith Middle/High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J STRAWB	1 Each		536012
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
Smucker's Wheat Peanut Butter & Raspberry Jelly Sandwiches 2.6 oz	1 Each		543455
Smucker's Wheat Peanut Butter & Honey Uncrustable Sandwiches 2.6 oz	1 Each		543449
CRACKER CHEEZ-IT WGRAIN IW	4 Each		282422

## Preparation Instructions

Package Uncrustable together with Cheez-it and offer string cheese on side.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	1.000
<b>Grain</b>	2.000
<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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	400.00
<b>Fat</b>	19.50g
<b>Saturated Fat</b>	4.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	420.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	12.75g
<b>Protein</b>	11.00g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 142.50mg	<b>Iron</b> 1.75mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

<b>Calories</b>	1881.47
<b>Fat</b>	91.72g
<b>Saturated Fat</b>	21.17g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1975.54mg
<b>Carbohydrates</b>	216.37g
<b>Fiber</b>	23.52g
<b>Total Sugar</b>	70.56g
<b>Added Sugar</b>	59.97g
<b>Protein</b>	51.74g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 670.27mg	<b>Iron</b> 8.21mg

\*\*One or more nutritional components are missing from at least one item on this recipe.