

Uncrustable, String Cheese, & Goldfish

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22761
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each		786580
CRACKER GLDFSH CHED WGRAIN	1 Package		736280

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Component	Amount
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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
Saturated Fat	8.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	640.00mg
Carbohydrates	48.00g
Fiber	4.00g
Total Sugar	16.00g
Added Sugar	12.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 261.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available