

Uncrustable w/ Yogurt and Goldfish

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29375
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
SAND UNCRUST PB&J STRAWB	1 Each		536012
CRACKER GLDFSH CHED WGRAIN	2 Package		736280
Yogurt	2 Serving		R-28222

Preparation Instructions

No Preparation Instructions available.

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	476.00
Fat	19.80g
Saturated Fat	4.00g
Trans Fat	0.00g
Cholesterol	3.00mg
Sodium	501.00mg
Carbohydrates	60.60g
Fiber	4.00g
Total Sugar	24.40g
Added Sugar	17.30g
Protein	15.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 187.50mg	Iron 1.70mg

Nutrition - Per 100g

Calories	2098.77
Fat	87.30g
Saturated Fat	17.64g
Trans Fat	0.00g
Cholesterol	13.23mg
Sodium	2208.99mg
Carbohydrates	267.20g
Fiber	17.64g
Total Sugar	107.58g
Added Sugar	76.28g
Protein	66.14g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 826.72mg	Iron 7.50mg