

Pizza Munchable

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-28209
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
FLATBREAD W/GRAIN 4"	2 Each	N/A	959048
SAUCE MARINARA DIPN CUP	1 Each	N/A	677721
CHEESE MOZZ SHRD	1/2 Cup	N/A	645170

Preparation Instructions

Flatbread:

1. Keep product frozen at 0°F or below until ready to use. 2. Defrost and store thawed flatbread at room temperature.
1. Each "sheet" has four 1 oz., 4" Whole Grain Sliders.
2. Simply snap at the seams to break apart.

Serve: 2-1 oz Circle Flatbreads, 1 marinara dip cup, and 1/2 cup of shredded cheese as a Pizza Munchable Kit

Meal Components

Amount Per Serving

Meat/Meat Alternate	2.000
Grain	2.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.500
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	370.00
Fat	16.50g
Saturated Fat	7.50g
Trans Fat	0.00g
Cholesterol	30.00mg
Sodium	830.00mg
Carbohydrates	34.00g
Fiber	2.00g
Total Sugar	8.00g
Added Sugar	2.00g
Protein	20.00g
Vitamin A 0.10mcg RAE	Vitamin C 0.03mg
Calcium 449.00mg	Iron 1.40mg

Nutrition - Per 100g

Calories	652.56
Fat	29.10g
Saturated Fat	13.23g
Trans Fat	0.00g
Cholesterol	52.91mg
Sodium	1463.84mg
Carbohydrates	59.96g
Fiber	3.53g
Total Sugar	14.11g
Added Sugar	3.53g
Protein	35.27g
Vitamin A 0.18mcg RAE	Vitamin C 0.05mg
Calcium 791.89mg	Iron 2.47mg