

Uncrustable, String Cheese, & Cheez-It

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-31385

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	1 Each		527462
CHEESE STRING MOZZ IW	1 Each		786580
CRACKER CHEEZ-IT WGRAIN IW	1 Package		282422

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	480.00
Fat	25.50g
Saturated Fat	8.50g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	620.00mg
Carbohydrates	48.00g
Fiber	5.00g
Total Sugar	16.00g
Added Sugar	12.00g
Protein	17.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 341.00mg	Iron 1.72mg

Nutrition - Per 100g

Calories	2257.76
Fat	119.94g
Saturated Fat	39.98g
Trans Fat	0.00g
Cholesterol	94.07mg
Sodium	2916.28mg
Carbohydrates	225.78g
Fiber	23.52g
Total Sugar	75.26g
Added Sugar	56.44g
Protein	79.96g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 1603.95mg	Iron 8.09mg