MOO LUNCH #001498

Ingredients

1 Container Yogurt
1 pkg string cheese
1 pkg Goldfish Pretzels

Makes: 1
Prep Time:
Cooking Time:
Provides:2M/MA 2G

Image

Nutrition Facts

C Moo Lunch StBan Yog 18-19

Nutrition Facts
Serving Size: 1 serving each
Serving per Container: 1

Amount Per Serving	
Calories: 241	Calories from Fat 68
	% Daily Value*
Total Fat 7.6g	12%
Saturated Fat 3.5g	18%
Trans Fat* 0.0g	
Cholesterol 20mg	7%
Sodium 462mg	19%
Total Carbohydrate 30.0g	10%
Dietary Fiber 1.0g	4%
Protein 12.1g	24%
Vitamin A 4%	Vitamin C 0%
Calcium 35%	Iron 4%

* - Trans Fat value is provided for informational purposes only, not for monitoring purposes.
* - Percent Daily Values are based on a 2,000 calorie diet.
"N/A" - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Possible Allergens or Sensitivites

		Yes	No	Comments
1.	Contains Egg		X	
2.	Contains Dairy	X		
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		Cheese and yogurt are gluten free
6.	Contains Soy		X	
7.	Vegetarian	X		