Munch Lunch #001396

Ingredients

Corndog (or PBJ)
3/4 cup carrots
1 apple
Cookie

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

Image

Nutrition Facts

C Munch a Lunch Corn Dog 18-19

Nutrition Facts
Serving Size: 1 bag lunch
Serving per Container: 1

Amount Per Serving
Calories 556 — Calories from Fat 138

	% Daily Value*
Total Fat 15.3g	24%
Saturated Fat 5.6g	28%
Trans Fat* 0.0g	
Cholesterol 45mg	15%
Sodium 616mg	26%
Total Carbohydrate 93.8g	31%
Dietary Fiber 14.9g	60%
Protein 12.3g	24%

Vitamin A 447% — Vitamin C 30%
Calcium 14% — Iron 15%

* - 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	cookie	corndog	Cookie has margarine
3.	Contains Nuts		X	
4.	Contains Pork		X	
5.	Contains Gluten	X		
6.	Contains Soy	X		
7.	Vegetarian		X	