

Large Green Salad w/ Cheese Meal

Nutrition Facts

Serving Size: Each

ALLERGENS

Eggs, Milk, Soy, Wheat

Amount Per Serving

Calories: 405

Calories from Fat: 140

Total Fat:	15.6g
Saturated Fat:	6.0g
Trans Fat:	0.00
Cholesterol:	30mg
Sodium:	962mg
Total Carbohydrate:	47.7g
Dietary Fiber:	5.0g
Sugars:	16.0g
Protein:	21.8g

Vitamin A: 12,855RE Vitamin C: 5.6mg Calcium: 489.0mg Iron: 2.1mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

Ingredients

Blueberry Mini Loaf 2oz Super Bak (mfg label): WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (BLEACHED ENRICHED WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, SOYBEAN OIL, WHEY PROTEIN CONCENTRATE, BLUEBERRIES, MODIFIED CORN STARCH, SOY FLOUR, VITAL WHEAT GLUTEN, DEXTROSE, SODIUM ACID PYROPHOSPHATE, NATURAL FLAVOR, SODIUM BICARBONATE, DRY HONEY SOLIDS, MONO-DIGLYCERIDES, SALT, CINNAMON, XANTHAN GUM, GUAR GUM, EGGS. CONTAINS: WHEAT, MILK, SOY & EGGS [903563]

Cheese, American, RF, Shred, Fresh (mfg label): CULTURED PASTEURIZED MILK AND SKIM MILK, *WHEY PROTEIN CONCENTRATE, SALT, SODIUM PHOSPHATE, CONTAINS LESS THAN 2% OF *XANTHAN GUM, *LOCUST BEAN GUM, *GUAR GUM, SODIUM CITRATE, SORBIC ACID (PRESERVATIVE), LACTIC ACID, ACETIC ACID, BETA-CAROTENE AND APO-CAROTENAL (COLOR), ENZYMES, *VITAMIN A PALMITATE, ANTICKAING BLEND (POTATO STARCH, CELLULOSE, NATAMYCIN (NATURAL MOLD INHIBITOR)). *NOT FOUND IN REGULAR PASTEURIZED PROCESS AMERICAN CHEESE. CONTAINS: MILK [601413]

Cheese, Mozzarella Sticks (mfg label): PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES, VITAMIN A PALMITATE. CONTAINS: MILK [900109]

Goldfish Crackers, WG Cheddar .75 oz (mfg label): MADE WITH SMILES AND WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN B2], FOLIC ACID), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES, ANNATTO), VEGETABLE OILS (CANOLA, SUNFLOWER AND/OR SOYBEAN), CONTAINS 2 PERCENT OR LESS OF: SALT, AUTOLYZED YEAST, YEAST, LEAVENING (BAKING SODA, MONOCALCIUM PHOSPHATE), PAPRIKA, SPICES, DEHYDRATED ONIONS. CONTAINS: MILK, WHEAT [903409]

Lettuce, Romaine (mfg label): ROMAINE LETTUCE [903212]