

# Protein Power Punch - Egg & Cheese (LR1199)

HACCP Process: Process 1: No Cook  
 Allergens: Contains Egg, Gluten, Milk, Soy, Wheat;  
 Meal Contribution: 1/2 Fruit, 2 1/4 WGR, 2 Meat/MA, 1/2 Veg-RO  
 Number of Servings: 1.00 Serving Size: 1 Box  
 Moisture gain/loss%: 0.0000 Yield: 9 1/8 Ounce  
 Waste gain/loss%: 0.0000 Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$0.0000 Cost Per Serving: \$0.0000

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1					Egg, Hard Cooked, Whole Peeled Dry Pack Michael Foods, 46025-85018, MMA SI104759	1 Each
2					Cheese Stick, 1.0 oz, Mozzarella, String Cheese, Land O Lakes, 59701, MMA SI101595	1 Each
3					Cracker, Goldfish Whole Grain Cheddar Flavor Blasted Racing Ranch .75 oz, Pepperidge Farm, Campbell's Foodservice, 17331, WGR SI105234	2 Package
4					Apple, Slices, Peel On, 2 oz. package, Peterson Farms, 203102, F SI107883	1 Package
5					Baby Carrots School Pack, 100/2.6oz, Grimmway Farms 88139, VEG-RO SI107331	1 Bag
6					Kellogg's Rice Krispies Treats Mini Squares WG SI108357	1 Bar

**Tips/Comments**

- 1 egg, 1 cheese stick, 1 apple slice, 1 carrot bag, 2 goldfish, 1 mini rice krispie

**Preparation Instructions**

- 1 medium sized egg

**Nutritional Information**

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
<b>% of Calories</b>	37.11	11.68	46.18	15.61	13.072

**Nutrients per 100 g**

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
177.76	7.329	2.307	0	75.368	289.446	20.52	1.936	5.809	(M)	6.937	1.224	116.386	38.248 (M)	4.647(M)	(M)	(M)	(M)	(M)

**Nutrients per serving (258.22 g)**

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
459.012	18.926	5.957	0	194.615	747.407	52.988	5	15	(M)	17.914	3.16	300.531	98.765 (M)	12(M)	(M)	(M)	(M)	(M)

(M) Indicates missing nutrient values.