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Kids Grill Cheese, Mand Oranges & Juice

Lancer Management

Author
Categories
Tools
Locations
Plate/Store

			Prep
Yield	1	servings	**Cook**
Portion	1	servings	**Finish**
Num Portions	1		**Shelf**

Nutrition Facts

Serving Size 1 servings
Servings Per Container 1

Amount Per Serving

Calories 592 Calories From Fat 197

	% Daily Value
Total Fat 22g	33%
Saturated Fat 10g	45%
Cholesterol 50mg	17%
Sodium 1602mg	67%
Total Carbohydrates 77g	26%
Dietary Fiber 10g	42%
Protein 20g	

Vitamin A 26%	Vitamin C 164%
Calcium 30%	Iron 23%

* Percent Daily Values are based on a 2000 calorie diet.

Nutrition Descriptors

High in Vitamin A
High in Vitamin C
High in Calcium
High in Iron
High in Carbohydrates
High in Fiber
High in Protein
Good Source of Potassium