Cheese & Crackers Excel

Lancer Management

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Plate

			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 383	Calories From Fat 223
	% Daily Value
Total Fat 25g	37%
Saturated Fat 9g	39%
Trans Fat 0g	
Cholesterol 54mg	18%
Sodium 535mg	22%
Total Carbohydrates 22g	7%
Dietary Fiber 1g	6%
Protein 19g	

Vitamin A	12%	Vitamin C	0%
Calcium	53%	Iron	8%

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

Nutrition Descriptors

High in Calcium
High in Protein
Good Source of Vitamin A

Ingredients

SNACK TOSTD VTY SS CRACKER, monterey jack cheese, Provolone Sliced 3/4 oz Cheese, SWIS SLCD CHEESE

Contains: Milk