

# Strawberry Pop tart

<b>Servings:</b>	2.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

pop tart

## Nutrition Information

<b>Calories</b>	180.00	<b>Protein</b>	2.00g
<b>Fat</b>	2.50g	<b>SaturatedFat</b>	1.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	37.50g	<b>Fiber</b>	3.00g
<b>Sugar</b>	14.50g	<b>Sodium</b>	180.00mg
<b>Iron</b>	1.80mg	<b>Vitamin C</b>	0.00mg
<b>Vitamin A</b>	500.00IU	<b>Calcium</b>	100.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
1 Package	123031	PASTRY POP-TART WGRAIN STRAWB 72-2CT	

## Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.