

Cookbook for Woodford County Board of Education

Created by HPS Menu Planner

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Cereal Bar & String Cheese

Cereal Bar & String Cheese



Servings:	1.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN 96-1.42Z	1	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW 168-1Z LOL	1		786580

Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

SLE Components

Amount Per Serving

Meat	1.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00

Amount Per Serving			
Calories		230.00	
Fat		9.00g	
SaturatedFat		4.50g	
Trans Fat		0.00g	
Cholesterol		20.00mg	
Sodium		315.00mg	
Carbohydrates		32.00g	
Fiber		3.00g	
Sugar		9.00g	
Protein		9.00g	
Vitamin A	200.00IU	Vitamin C	0.00mg
Calcium	218.00mg	Iron	10.00mg