

Blueberry Muffin and LF Mozzarella String Cheese

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Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41642
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	100 Each		557970
CHEESE STRING MOZZ LT IW 168-1Z COMM	100 Each		862680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	250.00
Fat	9.00g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	330.00mg
Carbohydrates	31.00g
Fiber	2.00g
Sugar	17.00g
Protein	10.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 228.00mg	Iron 0.90mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available
