

WG Apple Cinnamon Muffin w String Cheese

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45308
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
Mozzarella String Cheese Portions	1 Ounce		122212

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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	264.00
Fat	12.00g
SaturatedFat	5.75g
Trans Fat	0.00g
Cholesterol	53.14mg
Sodium	323.00mg
Carbohydrates	33.40g
Fiber	2.00g
Sugar	16.87g
Protein	9.31g
Vitamin A 0.00IU**	Vitamin C 0.00mg
Calcium 228.00mg	Iron 0.96mg

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

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available