

Muffin Assorted WG & option toast

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45317
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	2 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW	2 Each		557991
Toast	2 Serving	375F bake for 4 minutes	R-46304

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 4.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	450.00
Fat	22.00g
SaturatedFat	4.50g
Trans Fat	0.00g
Cholesterol	32.50mg
Sodium	360.00mg
Carbohydrates	55.50g
Fiber	4.00g
Sugar	18.50g
Protein	9.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 40.00mg	Iron 13.20mg

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

Nutrition - Per 100g

No 100g Conversion Available