

Breadstick

| | | | |
|----------------------|--------------------------|-----------------------|------------------|
| Servings: | 1.00 | Category: | Grain |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-50333 |
| School: | Attica Jr/Sr High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------|-------------|--|------------|
| BREADSTICK WGRAIN 1Z | 1 Each | THAW Simply thaw and serve. If desired, can be toasted, baked, and or microwaved. | 406321 |

Preparation Instructions

Ready to serve once thawed. Can be heated in a warm oven, sprayed with cooking spray and topped with parmesan cheese.

Serving Size: 1 ea

Meal Components (SLE)

Amount Per Serving

| | |
|----------|-------|
| Meat | 0.000 |
| Grain | 0.000 |
| 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 Each

| Amount Per Serving | | | |
|--------------------|---------|-----------|--------|
| Calories | 70.00 | | |
| Fat | 1.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 95.00mg | | |
| Carbohydrates | 14.00g | | |
| Fiber | 1.00g | | |
| Sugar | 2.00g | | |
| Protein | 2.00g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 26.00mg | Iron | 1.00mg |

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

Nutrition - Per 100g

No 100g Conversion Available