

HOMEMADE GRANOLA BAR AND STRING CHEESE STICK

NO IMAGE

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-35450
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Mozzarella String Cheese	1 Serving		R-7818
Homemade Granola Bar	1 Serving		R-29212

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	1.250
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 Each

Amount Per Serving	
Calories	519.19
Fat	22.95g
SaturatedFat	11.86g
Trans Fat	0.00g
Cholesterol	40.00mg
Sodium	443.99mg
Carbohydrates	69.25g
Fiber	4.23g
Sugar	32.57g
Protein	13.58g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 249.51mg	Iron 5.54mg

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

Nutrition - Per 100g

No 100g Conversion Available