

FRENCH ROLL

NO IMAGE

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-38040
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ROLL PETIT PAIN FREN 2Z	1 Each	BAKE ALLOW TO THAW FOR 30 MINUTES. BAKE IN PREHEATED OVEN AT 400F FOR 5-10 MINUTES ORUNTIL GOLDEN BROWN. ALLOW TO COOL 30 MINUTES BEFORE SERVING.	695591

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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	130.00
Fat	0.50g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	300.00mg
Carbohydrates	26.00g
Fiber	1.00g
Sugar	0.00g
Protein	5.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 10.00mg	Iron 2.00mg

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

Nutrition - Per 100g

No 100g Conversion Available