

Assorted BeneFIT Bars

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51889
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671

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: 3.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	8.33g		
SaturatedFat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	216.67mg		
Carbohydrates	47.00g		
Fiber	3.33g		
Sugar	21.67g		
Protein	4.67g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	26.67mg	Iron	1.90mg

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

Nutrition - Per 100g

No 100g Conversion Available
