

# Assorted BeneFIT Bars

|                      |                                   |                       |         |
|----------------------|-----------------------------------|-----------------------|---------|
| <b>Servings:</b>     | 3.00                              | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Each                         | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                         | <b>Recipe ID:</b>     | R-51889 |
| <b>School:</b>       | 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

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 2.000 |
| <b>Fruit</b>    | 0.000 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Each

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

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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