

# SLICED BAGEL WITH STRAWBERRY CREAM CHEESE



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-78
School:	Manchester High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAGEL WHT WGRAIN IW	1 Each		217911
CHEESE CREAM STRAWB CUP	1 Each		124930
CHEESE CREAM SPRD CUP	1		417355

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	1.750
<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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		210.00**	
<b>Fat</b>		7.00g**	
<b>SaturatedFat</b>		3.50g**	
<b>Trans Fat*</b>		0.00g**	
<b>Cholesterol</b>		15.00mg**	
<b>Sodium</b>		255.00mg**	
<b>Carbohydrates</b>		32.00g**	
<b>Fiber</b>		4.00g**	
<b>Sugar</b>		9.00g**	
<b>Protein</b>		7.00g**	
<b>Vitamin A</b>	0.00IU**	<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	70.00mg**	<b>Iron</b>	1.44mg**

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available