

HOMEMADE GRANOLA BAR



Servings:	18.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29212
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX	1 Quart 1 Pint (6 Cup)	READY_TO_EAT Ready to eat dry cereal packaged for cereal dispensers	768812
OATS QUICK HOT CEREAL	1 Quart		467251
CRUMB CRACKER GRAHAM	3/4 Cup		109568
MARSHMALLOW MINI	2 Quart 1 Pint 1 1/4 Cup (11 1/4 Cup)		191736
BUTTER PRINT SLTD GRD AA	3/4 Cup		191205
HONEY	3/8 Cup		225614
CHOC CHIPS SMISWT 1000/	1 Cup		242115
Wheat Germ	3/8 Cup	UNSPECIFIED	145534
Peanut Butter, Smooth	4 Fluid Ounce 1 Tablespoon (9 Tablespoon)		100396

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.250
Grain	1.028
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 18.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		439.19	
Fat		16.95g	
SaturatedFat		7.86g	
Trans Fat*		0.00g	
Cholesterol		20.00mg	
Sodium		243.99mg	
Carbohydrates		67.25g	
Fiber		4.23g	
Sugar		31.57g	
Protein		7.58g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	51.51mg	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