

# FRENCH ROLL



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

<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: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
<b>Calories</b>		130.00	
<b>Fat</b>		0.50g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		300.00mg	
<b>Carbohydrates</b>		26.00g	
<b>Fiber</b>		1.00g	
<b>Sugar</b>		0.00g	
<b>Protein</b>		5.00g	
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	10.00mg	<b>Iron</b>	2.00mg

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

## Nutrition - Per 100g

No 100g Conversion Available