

Blueberry Muffin w/Strawberry Yogurt



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-23251
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEBERRY WGRAIN IW	1 Each	THAW- Store frozen until ready to use. Thaw overnight under refrigeration	262370
YOGURT DANIMAL STRAWB N/F	1 Ounce	READY_TO_EAT	885750

Preparation Instructions

Blueberry Muffin

THAW

Store frozen until ready to use. Thaw overnight under refrigeration.

CCP: Hold at 50°F -70°F

Strawberry Yogurt

READY_TO_EAT

CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories		207.50	
Fat		7.00g	
SaturatedFat		1.00g	
Trans Fat*		0.10g	
Cholesterol		10.00mg	
Sodium		148.75mg	
Carbohydrates		33.50g	
Fiber		1.00g	
Sugar		17.50g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	25.00mg	Iron	0.72mg

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

Nutrition - Per 100g

No 100g Conversion Available