

Cinnamon Pop Tart



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22824
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Package	Ready-To-Serve	123081

Preparation Instructions

Ready-To-Serve
CCP: Store at 50°F - 70°F.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.500
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 Each

Amount Per Serving			
Calories		350.00	
Fat		6.00g	
SaturatedFat		2.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		240.00mg	
Carbohydrates		73.00g	
Fiber		6.00g	
Sugar		30.00g	
Protein		5.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	260.00mg	Iron	3.60mg

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

Nutrition - Per 100g

No 100g Conversion Available