

Variety of Assorted Pop-Tarts® (2 count)

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52252
School:	Merkley Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN FUDG	1 Package		452082
PASTRY POP-TART WGRAIN STRAWB	1 Package		123031
PASTRY POP-TART WGRAIN CINN	1 Package		123081
PASTRY POP-TART WGRAIN BLUEB	1 Package		865101

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		355.75	
Fat		5.63g	
Saturated Fat		1.83g	
Trans Fat		0.03g	
Cholesterol		0.00mg	
Sodium		305.00mg	
Carbohydrates		74.50g	
Fiber		5.90g	
Sugar		29.75g	
Added Sugar		0.00g	
Protein		4.58g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	230.00mg	Iron	3.60mg

Nutrition - Per 100g

No 100g Conversion Available
