

Blueberry Muffin and LF Mozzarella String Cheese

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Servings:	100.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-41642
School:	Tami Elementary School K-4		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	100 Each		557970
CHEESE STRING MOZZ LT IW 168-1Z COMM	100 Each		862680

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving	
Meat	1.000
Grain	1.000
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: 100.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		250.00	
Fat		9.00g	
Saturated Fat		4.00g	
Trans Fat		0.00g	
Cholesterol		40.00mg	
Sodium		330.00mg	
Carbohydrates		31.00g	
Fiber		2.00g	
Sugar		17.00g	
Added Sugar		0.00g	
Protein		10.00g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	228.00mg	Iron	0.90mg

Nutrition - Per 100g

No 100g Conversion Available
