

Cornbread

Servings:	1.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-28004
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CORNBREAD SNAC FORT WGRAIN IW	1 Each		159791

Preparation Instructions

Thaw under refrigeration.

Optional: place in warmer before serving.

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	180.00		
Fat	6.00g		
Saturated Fat	0.50g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	90.00mg		
Carbohydrates	28.00g		
Fiber	1.00g		
Total Sugar	15.00g		
Added Sugar	15.00g		
Protein	3.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	22.00mg	Iron	1.00mg

Nutrition - Per 100g

No 100g Conversion Available