

Blueberry Muffin w/Strawberry Yogurt

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	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

Amount Per Serving

Meat/Meat Alternate	1.000
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 Each

Amount Per Serving	
Calories	207.50
Fat	7.00g
Saturated Fat	1.00g
Trans Fat	0.10g
Cholesterol	10.00mg
Sodium	148.75mg
Carbohydrates	33.50g
Fiber	1.00g
Total Sugar	17.50g
Added Sugar	15.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 25.00mg	Iron 0.72mg

Nutrition - Per 100g

No 100g Conversion Available