

Blueberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8365
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN BLUEB	1 Package	READY TO EAT	865101

Preparation Instructions

READY TO EAT

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.250
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	363.00
Fat	5.50g
Saturated Fat	1.80g
Trans Fat	0.10g
Cholesterol	0.00mg
Sodium	360.00mg
Carbohydrates	76.00g
Fiber	5.60g
Total Sugar	30.00g
Added Sugar	0.00g
Protein	4.30g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 200.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available