

Strawberry Pop Tart

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-8366
School:	Graves County High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	Ready to serve.	123031

Preparation Instructions

Ready to serve.

CCP: Hold at 50°F -70°F

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
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	340.00
Fat	5.00g
Saturated Fat	1.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	230.00mg
Carbohydrates	73.00g
Fiber	6.00g
Total Sugar	29.00g
Added Sugar	28.00g
Protein	4.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available