

Cinnamon Pop Tart



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22824
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Package	Ready-To-Serve	123081

Preparation Instructions

Ready-To-Serve

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.500
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	350.00
Fat	6.00g
Saturated Fat	2.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	240.00mg
Carbohydrates	73.00g
Fiber	6.00g
Total Sugar	30.00g
Added Sugar	0.00g
Protein	5.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 260.00mg	Iron 3.60mg

Nutrition - Per 100g

No 100g Conversion Available