

# Cornbread



|                      |                           |                       |                  |
|----------------------|---------------------------|-----------------------|------------------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Grain            |
| <b>Serving Size:</b> | 1.00 Serving              | <b>HACCP Process:</b> | Same Day Service |
| <b>Meal Type:</b>    | Lunch                     | <b>Recipe ID:</b>     | R-28004          |
| <b>School:</b>       | 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

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 1.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

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

## Nutrition - Per 100g

No 100g Conversion Available