

Muffin Assorted WG &option toast

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-45317
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	2 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW	2 Each		557991
Toast	2 Serving	375F bake for 4 minutes	R-46304

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 4.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	160.00**
Fat	7.00g**
Saturated Fat	1.63g**
Trans Fat	0.00g**
Cholesterol	17.50mg**
Sodium	127.50mg**
Carbohydrates	23.00g**
Fiber	1.50g**
Total Sugar	9.00g**
Added Sugar	9.00g**
Protein	3.00g**
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 37.25mg**	Iron 1.25mg**

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available