

Breakfast Bar

NO IMAGE

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50200
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST OATML CHOC CHP	1 Each		240721

Preparation Instructions

No Preparation Instructions available.

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: 2.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	280.00		
Fat	8.50g		
Saturated Fat	3.00g		
Trans Fat	0.00g		
Cholesterol	15.00mg		
Sodium	225.00mg		
Carbohydrates	46.50g		
Fiber	3.00g		
Total Sugar	21.50g		
Added Sugar	20.00g		
Protein	5.00g		
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	35.00mg	Iron	1.85mg

Nutrition - Per 100g

No 100g Conversion Available