

Grab and Go Breakfast

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52837
School:	Walton-Verona High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART SMORES FRSTD	1 Each		221384
BAR APPLE CINN WGRAIN	1 Each		209741
BAR BKFST OATML CHOC CHP	1 Each		240721
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
ROLL CINN WGRAIN IW	1 Each		505333
CHEESE STRING MOZZ	2 Each		579050

Preparation Instructions

Grab and Go Breakfast Pairing Poptart(2) with juice : 1oz muffin with cheese stick and juice : Benefit bar with juice : Nutrigrain Bar(1oz) with Cheese stick and juice : Cinnamon roll with Juice - Have milk for students to accept or decline

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	244.00
Fat	8.50g
Saturated Fat	3.15g
Trans Fat	0.00g
Cholesterol	16.00mg
Sodium	266.00mg
Carbohydrates	36.90g
Fiber	2.30g
Total Sugar	16.40g
Added Sugar	15.30g
Protein	6.40g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 132.00mg	Iron 1.60mg

Nutrition - Per 100g

No 100g Conversion Available