

Banana Breakfast Bar

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51429
School:	Hobart High School		

Ingredients

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

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	280.00
Fat	8.00g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	220.00mg
Carbohydrates	47.00g
Fiber	3.00g
Total Sugar	23.00g
Added Sugar	21.00g
Protein	5.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 40.00mg	Iron 1.80mg

Nutrition - Per 100g

No 100g Conversion Available