

# Yogurt & Whole Grain Muffin (Sec)

NO IMAGE

<b>Servings:</b>	24.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-3710
<b>School:</b>	Hobart High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	8 Each		558011
MUFFIN BAN WGRAIN IW	8 Each		557981
MUFFIN BLUEB WGRAIN IW	8 Each		557970
YOGURT VAR PK N/F	24 Each		719211

## Preparation Instructions

In a 4 ounce food tray, place 1 muffin and 1 yogurt.

Place in cooler until ready to serve.

CCP: Hold at 41 degrees F or below

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.667
<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: 24.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	203.33**
<b>Fat</b>	4.00g**
<b>Saturated Fat</b>	1.33g**
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	35.00mg**
<b>Sodium</b>	135.00mg**
<b>Carbohydrates</b>	29.67g**
<b>Fiber</b>	1.33g**
<b>Total Sugar</b>	17.00g**
<b>Added Sugar</b>	18.00g**
<b>Protein</b>	14.00g**
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 0.00mg**
<b>Calcium</b> 166.67mg**	<b>Iron</b> 0.54mg**

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

## Nutrition - Per 100g

No 100g Conversion Available