

Yogurt & Whole Grain Muffin (Sec)

Servings:	24.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3710
School:	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

Meat/Meat Alternate	0.000
Grain	0.667
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: 24.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available