

Whole Grain Breakfast Bar

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Bar	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28740
School:	Hobart High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST APPL CINN	1 Each		879671
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: 3.00

Serving Size: 1.00 Bar

Amount Per Serving	
Calories	280.00
Fat	8.67g
Saturated Fat	3.00g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	216.67mg
Carbohydrates	46.33g
Fiber	3.33g
Total Sugar	21.67g
Added Sugar	13.33g
Protein	4.67g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 33.33mg	Iron 1.87mg

Nutrition - Per 100g

No 100g Conversion Available