

# Assorted 1 Count Pop Tarts

|                      |                        |                       |         |
|----------------------|------------------------|-----------------------|---------|
| <b>Servings:</b>     | 3.00                   | <b>Category:</b>      | Grain   |
| <b>Serving Size:</b> | 1.00 Each              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast              | <b>Recipe ID:</b>     | R-31140 |
| <b>School:</b>       | Millersburg Elementary |                       |         |

## Ingredients

| Description                   | Measurement | Prep Instructions | DistPart # |
|-------------------------------|-------------|-------------------|------------|
| PASTRY POP-TART WGRAIN CINN   | 1 Each      |                   | 695880     |
| PASTRY POP-TART WGRAIN FUDG   | 1 Each      |                   | 452062     |
| PASTRY POP-TART WGRAIN STRAWB | 1 Each      |                   | 695890     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 1.000 |
| <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: 3.00

Serving Size: 1.00 Each

| Amount Per Serving           |                         |
|------------------------------|-------------------------|
| <b>Calories</b>              | 170.00                  |
| <b>Fat</b>                   | 2.67g                   |
| <b>Saturated Fat</b>         | 1.00g                   |
| <b>Trans Fat</b>             | 0.00g                   |
| <b>Cholesterol</b>           | 0.00mg                  |
| <b>Sodium</b>                | 116.67mg                |
| <b>Carbohydrates</b>         | 36.33g                  |
| <b>Fiber</b>                 | 3.00g                   |
| <b>Total Sugar</b>           | 14.33g                  |
| <b>Added Sugar</b>           | 14.33g                  |
| <b>Protein</b>               | 2.00g                   |
| <b>Vitamin A</b> 0.00mcg RAE | <b>Vitamin C</b> 0.00mg |
| <b>Calcium</b> 130.00mg      | <b>Iron</b> 1.80mg      |

### Nutrition - Per 100g

No 100g Conversion Available