

Assorted Variety of Muffin

Servings:	8.00	Category:	Grain
Serving Size:	1.00 muffin	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-43640
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN DBL CHOC WGRAIN IW	1 Each	N/A	262343
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW	1 Each	N/A	262370
MUFFIN BLUEBERRY IW	1 Each		273442
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BANANA WGRAIN IW	1 Each	N/A	262362

Preparation Instructions

Updated 5.7.26

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
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: 8.00

Serving Size: 1.00 muffin

Amount Per Serving	
Calories	185.00
Fat	6.19g
Saturated Fat	1.56g
Trans Fat	0.03g
Cholesterol	23.75mg
Sodium	122.50mg
Carbohydrates	29.88g
Fiber	1.63g
Total Sugar	15.50g
Added Sugar	14.75g
Protein	2.75g
Vitamin A 1.80mcg RAE	Vitamin C 0.01mg
Calcium 21.00mg	Iron 0.99mg

Nutrition - Per 100g

No 100g Conversion Available