

Pop-Tarts

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31115
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN STRAWB	1 Package	2.00 Grain Equivalents	123031
PASTRY POP-TART WGRAIN CINN	1 Package	2.50 Grain Equivalents	123081
PASTRY POP-TART WGRAIN FUDG	1 Package	2.50 Grain Equivalents	452082
PASTRY POP-TART BLUEB WGRAIN	1 Package	2.00 Grain Equivalents	865101

Preparation Instructions

Updated 5.1.2026

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: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	350.75
Fat	5.63g
Saturated Fat	1.83g
Trans Fat	0.03g
Cholesterol	0.00mg
Sodium	267.50mg
Carbohydrates	73.75g
Fiber	5.90g
Total Sugar	29.50g
Added Sugar	14.25g
Protein	4.58g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 230.00mg	Iron 3.65mg

Nutrition - Per 100g

No 100g Conversion Available
