

Variety Muffin

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-20140
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BAN WGRAIN IW	1 Each		557981
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN DBL CHOC WGRAIN IW	1 Each	Can NOT be served to Headstart	262343
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each	Can NOT be served to Headstart	557991

Preparation Instructions

No Preparation Instructions available.

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	186.00
Fat	6.20g
Saturated Fat	1.70g
Trans Fat	0.02g
Cholesterol	26.00mg
Sodium	125.00mg
Carbohydrates	30.40g
Fiber	1.80g
Total Sugar	15.80g
Added Sugar	15.00g
Protein	2.80g
Vitamin A 2.88mcg RAE	Vitamin C 0.01mg
Calcium 20.55mg	Iron 1.03mg

Nutrition - Per 100g

No 100g Conversion Available
