

South Side Salad Bar Grain Item

Servings:	10.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-29372
School:	Concord Community Elementary Schools		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MUFFIN BANANA WGRAIN IW	1 Each		262362
MUFFIN DBL CHOC WGRAIN IW	1 Each		262343
MUFFIN BLUEBERRY WGRAIN IW	1 Each		262370
MUFFIN CHOC/CHOC CHP WGRAIN IW	1 Each		557991
MUFFIN APPL CINN WGRAIN IW	1 Each		558011
MUFFIN BLUEB WGRAIN IW	1 Each		557970
MUFFIN BAN WGRAIN IW	1 Each		557981
PRETZEL HEARTZELS	1 Package		893711
CRACKER CHEEZ-IT WGRAIN IW	1 Each		282422
CRACKER GLDFSH WGRAIN COLOR	1 Package		112702

Preparation Instructions

Muffins: Thaw. Store frozen until ready to use. Thaw overnight under refrigeration.

Updated: 6.18.26

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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	160.00
Fat	5.30g
Saturated Fat	1.35g
Trans Fat	0.02g
Cholesterol	17.00mg
Sodium	138.50mg
Carbohydrates	25.70g
Fiber	1.60g
Total Sugar	11.20g
Added Sugar	10.50g
Protein	2.50g
Vitamin A 1.44mcg RAE	Vitamin C 0.01mg
Calcium 27.10mg	Iron 0.91mg

Nutrition - Per 100g

Calories	7511.74
Fat	248.83g
Saturated Fat	63.38g
Trans Fat	0.94g
Cholesterol	798.12mg
Sodium	6502.35mg
Carbohydrates	1206.57g
Fiber	75.12g
Total Sugar	525.82g
Added Sugar	492.96g
Protein	117.37g
Vitamin A 67.65mcg RAE	Vitamin C 0.23mg
Calcium 1272.40mg	Iron 42.82mg