

# Assorted Variety of Pop-Tarts (1 Count)

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-30220
<b>School:</b>	Knox Elementary	<b>Grams Per Serving:</b>	

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
PASTRY POP-TART WGRAIN CINN	1 Each	Credits as 1.25 Grain equivalents	695880
PASTRY POP-TART WGRAIN STRAWB	1 Each	Credits as 1.00 Grain equivalents	695890
PASTRY POP-TART WGRAIN FUDG	1 Each	Credits as 1.25 Grain equivalents	452062

## Preparation Instructions

Updated 5.7.2026

### Meal Components

Amount Per Serving

	Amount
<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.167
<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