

Assorted BeneFIT Bars

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-32474
School:	Knox Elementary	Grams Per Serving:	

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR BKFST APPL CINN	1 Each		879671
BAR BKFST OATML CHOC CHP	1 Each		240721
BAR BKFST BAN CHOC CHNK IW	1 Each		875860
BAR BKFST FREN TST	1 Each		563413

Preparation Instructions

No Preparation Instructions available.

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	280.00
Fat	8.75g
Saturated Fat	2.88g
Trans Fat	0.00g
Cholesterol	17.50mg
Sodium	215.00mg
Carbohydrates	46.25g
Fiber	3.25g
Total Sugar	21.25g
Added Sugar	14.75g
Protein	4.75g
Vitamin A 0.00mcg RAE**	Vitamin C 0.00mg**
Calcium 32.50mg	Iron 1.88mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available
