

# OAT CEREAL BAR (WGR)-CRUMBLEY

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 bar

**RECIPE HACCP PROCESS:** #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal Bar, Oat, WGR, #2103	100 bars

**DIRECTIONS**

1. Place the Oat Cereal Bars on the line for service.
2. Portion 1 bar per serving. Each portion provides 1 oz. eq. whole grain. Cereal bars are credited as a whole grain for breakfast. When menued at lunch, cereal bars are credited as a whole grain based dessert.

**NUTRIENTS PER SERVING**

Calories	160	Dietary Fiber	3.00 g	Sodium	105.00 mg	Sat. Fat	0.00 g
Carbohydrates	30.00 g	Protein	3.00 g	Total Fat	3.50 g	Trans Fat	0.00 g