

STRAWBERRY CEREAL BAR



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

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

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal Bar, Strawberry, WGR, #2105	100 cereal bars

DIRECTIONS

1. Place the cereal bars on the line for service.
2. Portion 1 bar per serving. Each portion provides 1 oz. eq. whole grain. 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	150.00 mg	Sat. Fat	0.50 g
Carbohydrates	29.00 g	Protein	2.00 g	Total Fat	4.00 g	Trans Fat	0.00 g