

VARIETY OF CEREAL BARS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz serving whole grains

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

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Lemon Chip Cereal Oat Bar	50 bars
Triple Berry Cereal Oat Bar	50 bars

DIRECTIONS

- Place a variety of bars on line for service
- Portion one bar for serving. Each portion provides 2 oz. eq. whole grain.
(Cereal bars are credited as a whole grain for breakfast. When men used at lunch, cereal bars are credited as a whole grain based dessert.)

NUTRIENTS PER SERVING

Calories	260	Dietary Fiber	2.00 g	Sodium	135.00 mg	Sat. Fat	2.00 g
Carbohydrates	47.50 g	Protein	4.00 g	Total Fat	8.00 g	Trans Fat	0.00 g