

OAT CEREAL BAR (WGR)-BRIGGS



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, 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	140	Dietary Fiber	1.00 g	Sodium	75.00 mg	Sat. Fat	1.00 g
Carbohydrates	23.00 g	Protein	2.00 g	Total Fat	4.50 g	Trans Fat	0.00 g