

FRUIT FLAVORED CEREAL BAR

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, Fruit Flavored, WGR, #2106	100 cereal bars

DIRECTIONS

1. Place the 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	150	Dietary Fiber	3.00 g	Sodium	110.00 mg	Sat. Fat	0.50 g
Carbohydrates	30.00 g	Protein	2.00 g	Total Fat	3.00 g	Trans Fat	0.00 g