

CHERRY FRUDEL

WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grains

NUMBER OF PORTIONS: 72 **SIZE OF PORTION:** 1 frudel**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 72 SERVINGS)
Frudel, Cherry, WGR, #1203	72 frudel pouches

DIRECTIONS

1. Heat the ovenable Frudels from a frozen state, according to the package and/or case directions. Frudels can also be thawed and served without heating. Do not refreeze the Frudels.
2. Place the Frudles on the line for service.
3. Portion 1 Frudel per serving. Each portion provides 2 oz. eq. whole grains.

NUTRIENTS PER SERVING

Calories	210	Dietary Fiber	2.00 g	Sodium	280.00 mg	Sat. Fat	1.50 g
Carbohydrates	36.00 g	Protein	5.00 g	Total Fat	6.00 g	Trans Fat	0.00 g