

GRAHAM CRACKERS



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

NUMBER OF PORTIONS: 1 **SIZE OF PORTION:** 1 package

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 1 SERVINGS)
Crackers, Graham, WGR, 3 Count Package, #2128	1 packages

DIRECTIONS

1. Place graham cracker packets on serving line.
2. Portion 1 package for serving of 1 oz. eq. whole grain for breakfast only.
If served at lunch, 1 package of graham crackers will credit 1 oz. eq. whole grain based dessert.

NUTRIENTS PER SERVING

Calories	90	Dietary Fiber	1.00 g	Sodium	95.00 mg	Sat. Fat	0.50 g
Carbohydrates	17.00 g	Protein	2.00 g	Total Fat	2.50 g	Trans Fat	0.00 g