

# Quest Food Management

002130 - cereal bar- trix gfs 268690 : nslp	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: each	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903563 cereal bar- trix gfs 268690...	50 each	

\*Nutrients are based upon 1 Portion Size (each)

Calories	150 kcal	Cholesterol	0 mg	Protein	2.00 g	Calcium	200.00 mg	18.00%	Calories from Total Fat
Total Fat	3.00 g	Sodium	105 mg	Vitamin A	20.0 RE	Iron	1.80 mg	6.00%	Calories from Saturated Fat
Saturated Fat	1.00 g	Carbohydrates	30.00 g	Vitamin A	100.0 IU	Water <sup>1</sup>	0.00 g	0.00%	Calories from Trans Fat
Trans Fat <sup>1</sup>	0.00 g	Dietary Fiber	3.00 g	Vitamin C	1.2 mg	Ash <sup>1</sup>	0.00 g	80.00%	Calories from Carbohydrates
								5.33%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values