## **Quest Food Management**

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Recipe Sizing Report

Aug 7, 2014

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

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

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

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Calories	150 kcal	Cholesterol	0 m	Protein	2.00 g	Calcium	200.00 mg	18.00% Calories from Total Fat
Total Fat	3.00 g	Sodium	105 m	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 Fat1	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

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

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

<sup>\* -</sup> denotes combined nutrient totals with either missing or incomplete nutrient data

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