



20TH CENTURY FOOD PRODUCTS

- SB 12 Compliant (Middle & High Schools) & Trans Fat FREE -

PRODUCT: Whole Grain Blueberry Muffin
CODE: 21723OW (Wrapped)
SERVING SIZE: 3.0 oz (85.1 g)
PACK: 60
NET WEIGHT: 18.75 lbs

Fat 34.6 %
Saturated Fat 6.4 %
Sugar 20.3 %

INGREDIENTS: Whole Wheat & Enriched Flour, Sugar, Eggs, Blueberries,
Soybean Oil, Leavening.

Calories	239		Vitamin A	67.5	IU
Carbohydrate	36.0	g	Vitamin C	.1	mg
Protein	4.8	g	Vitamin D	4.5	IU
Fat- Total	9.2	g	Dietary Fiber	2.9	g
Saturated Fat	1.7	g	Sugar	17.3	g
Trans Fat	0	g	Thiamin	.04	mg
Cholesterol	54.7	mg	Riboflavin	.09	mg
Ash	1.3	g	Niacin	.5	mg
Sodium	338.4	mg	Vitamin B6	.04	mg
Iron	.6	mg	Folic Acid	8.0	mcg
Calcium	19.8	mg	Potassium	238.4	mg

USE OF USDA COMMODITIES: All Purpose Flour, Eggs, Blueberries, Vegetable Oil

FEDERAL REIMBURSABLE

MEAL PATTERN CONTRIBUTIONS: 2.0 Breads (32 grams Whole Grain-Rich Flour)

ALLERGENS: Contains Eggs, Soy, Wheat.

The above nutritional information is based upon data supplied by the USDA Standard Reference - Release 24, and ESHA's Genesis® R&D computer database.

July/2012

20TH CENTURY FOOD PRODUCTS, INC. • RIVERSIDE, CALIFORNIA