



20TH CENTURY FOOD PRODUCTS

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

PRODUCT: Whole Grain Harvest/Choc Chip Muffin

CODE: 217S3OW (Wrapped)

SERVING SIZE: 3.0 oz (85.1 g)

PACK: 60

NET WEIGHT: 11.25 lbs

Fat 33.8%
Saturated Fat 8.5 %
Sugar 19.5 %

INGREDIENTS: Whole Wheat & Enriched Flour, Sugar, Eggs, Sweet Potatoes, Cocoa, Soybean Oil, Leavening, Pumpkin Spice.

Calories	232		Vitamin A	1315.1	IU
Carbohydrate	35.6	g	Vitamin C	1.1	mg
Protein	4.4	g	Vitamin D	4.2	IU
Fat- Total	8.7	g	Dietary Fiber	2.3	g
Saturated Fat	2.2	g	Sugar	16.6	g
Trans Fat	0	g	Thiamin	.07	mg
Cholesterol	50.6	mg	Riboflavin	.1	mg
Ash	1.2	g	Niacin	.5	mg
Sodium	315.5	mg	Vitamin B6	.04	mg
Iron	.8	mg	Folic Acid	12.9	mcg
Calcium	20.7	mg	Potassium	233.5	mg

USE OF USDA COMMODITIES: All Purpose Flour, Eggs, Sweet Potatoes, 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 19, and ESHA's Genesis® R&D computer database.

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