



20TH CENTURY FOOD PRODUCTS

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

PRODUCT: Whole Grain Apple Cinnamon Muffin
CODE: 217130W (Wrapped)
SERVING SIZE: 3.0 oz (85.1 g)
PACK: 60
NET WEIGHT: 18.75 lbs

Fat 34.1 %
Saturated Fat 6.2 %
Sugar 18.9 %

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

Calories	219		Vitamin A	61.3	IU
Carbohydrate	33.3	g	Vitamin C	.05	mg
Protein	4.3	g	Vitamin D	4.1	IU
Fat- Total	8.3	g	Dietary Fiber	2.7	g
Saturated Fat	1.5	g	Sugar	16.1	g
Trans Fat	0	g	Thiamin	.04	mg
Cholesterol	49.4	mg	Riboflavin	.08	mg
Ash	1.2	g	Niacin	.5	mg
Sodium	306.2	mg	Vitamin B6	.04	mg
Iron	.6	mg	Folic Acid	7.3	mcg
Calcium	19.1	mg	Potassium	272.8	mg

USE OF USDA COMMODITIES: All Purpose Flour, Eggs, Apples, 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