



Sky Blue Foods
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51% Whole Wheat Breakfast Bar
 Code Number : HWB5172

MEAL PATTERN CONTRIBUTION	
PACK SIZE:	72 ct., Individually Wrapped
PORTION SIZE:	2.8 oz. / 79.38 g.
22.6 g of Whole Grains and 9.4 g of Non Whole Grains Per 2.8 oz Serving	
Ingredient	Type
Whole Wheat Flour	Bread
Serving 2.8 oz.	
I certify that this information is true and correct according to USDA "Nutrition Standards in the National School Lunch Program (NSLP)" and the School Breakfast Program (SBP). This product contains TWO (2) OZ EQ (OUNCE EQUIVALENCY) GRAIN requirement for the "Nutrition Standards in the National School Lunch and School Breakfast Programs".	
SY 2012-2013	<i>Debra Hartmann</i> Debra Hartmann - Quality Assurance
9/12/2012 Updated	

NUTRITION FACTS	
Serving Size:	2.8 oz.
Amount per Serving	
Calories	230
Calories From Fat:	70
% Daily Value	
Total Fat	7 g 11%
Saturated Fat	2 g 10%
Trans Fat	0 g
Cholesterol	15 mg 6%
Sodium	220 mg 8%
Total Carbohydrate	39 g 12%
Dietary Fiber	2 g 5%
Sugars	15 g
Protein	4 g
Vitamin A	0% Vitamin C 0%
Calcium	10% Iron 8%

* Percent daily values are based on 2,000 calorie diet.

Your daily values may be higher or lower, depending on your calorie needs.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, VEGETABLE SHORTENING (SOYBEAN OIL, MONO- & DIGLYCERIDES, TBHQ PRESERVATIVE, CITRIC ACID PRESERVATIVE), ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED BARLEY FLOUR, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: SOY FLOUR, EGG YOLKS WITH SODIUM SILICOALUMINATE, LEAVENING (CALCIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), WHEAT STARCH, SOYBEAN OIL, NONFAT MILK, SALT, WHEY, DRIED HONEY, CORN STARCH, SPICES, SOY LECITHIN, GLYCERIN, MALTODEXTRIN, DEXTROSE, CORN SYRUP SOLIDS, CELLULOSE GUM, NATURAL FLAVORS, SILICON DIOXIDE, ENZYMES, CITRIC ACID, CALCIUM STEARATE, FOOD STARCH-MODIFIED, AGAR-AGAR, EGG WHITES.

ALLERGY INFORMATION: CONTAINS WHEAT, EGGS, SOY, MILK.
 PRODUCED IN A PEANUT - FREE ENVIRONMENT.

SHELF LIFE: 12 months at 10 ° F or lower (frozen).

HEATING INSTRUCTIONS:
(Always heat from a thawed state) Any one of the following can be used: * 200 ° F oven 4-5 min. from thawed state * Bread Warmer for 8-10 minutes * Food warmer at 130 ° F for up to 1 hour