

Foods Product Information Sheet

Whole Grain Bagel

NUTRITION FACTS

Serving size: 2 oz

Amount Per Serving

Calories 150

Total Fat 1g

Saturated Fat 0g

Sodium 300mg

Source: USDA Foods Vendor Labels

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One 2 oz Bagel provides 2.25 Ounce Equivalent of Grain for the Child Nutrition Meal pattern Requirements.

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