

# Breakfast Cereal

<b>Servings:</b>	1.00
<b>Serving Size:</b>	0.00
<b>Meal Type:</b>	Breakfast
<b>Category:</b>	Entree
<b>HACCP Process:</b>	No Cook

Breakfast Cereal

## Nutrition Information

<b>Calories</b>	200.00	<b>Protein</b>	4.00g
<b>Fat</b>	4.00g	<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	0.00mg
<b>Carbohydrates</b>	42.00g	<b>Fiber</b>	3.00g
<b>Sugar</b>	13.00g	<b>Sodium</b>	215.00mg
<b>Iron</b>	5.22mg	<b>Vitamin C</b>	6.00mg
<b>Vitamin A</b>	1000.00IU	<b>Calcium</b>	200.00mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
<b>1 Each</b>	270401	CEREAL COCOA PUFFS WGRAIN R/S 96CT	READY_TO_EAT  Ready to eat dry cereal in a portable, easy-to-serve bowl.
<b>1 Package</b>	282471	CRACKER GRHM HNY WGRAIN 150-3CT KEEB	

## Preparation Instructions

DISCLAIMER:

DO NOT VARY FROM THIS RECIPE, THE NUTRITION STANDARDS ARE SET BY THE USDA TO MEET THE NATIONAL SCHOOL LUNCH/BREAKFAST PROGRAM REQUIREMENTS AND ARE FOLLOWED BY THE INDIANA DEPARTMENT OF EDUCATION.