

Cereal Bar & String Cheese

Servings:	100.00	Category:	Entree
Serving Size:	1.00	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-3878
School:	Test High School 2		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CINN TST WGRAIN	100	READY_TO_EAT Ready to eat cereal bars	265891
CHEESE STRING MOZZ IW	100		786580

Preparation Instructions

Place cheese and cereal in to-go bag.

Offer with choice of fruit, juice and milk

Meal Components (SLE)

Amount Per Serving

Meat	1.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00

Amount Per Serving	
Calories	240.00
Fat	9.50g
SaturatedFat	4.00g
Trans Fat	0.00g
Cholesterol	20.00mg
Sodium	320.00mg
Carbohydrates	32.00g
Fiber	3.00g
Sugar	9.00g
Protein	8.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 428.00mg	Iron 1.70mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available