

# Cereal Bowl with String Cheese

<b>Servings:</b>	2.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-50385
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHEESE STRING MOZZ	2 Each		579050
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	1.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 2.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	186.75
<b>Fat</b>	8.20g
<b>SaturatedFat</b>	3.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	15.00mg
<b>Sodium</b>	336.75mg
<b>Carbohydrates</b>	22.50g
<b>Fiber</b>	3.15g
<b>Sugar</b>	7.50g
<b>Protein</b>	8.65g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 279.19mg	<b>Iron</b> 2.26mg

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

## **Nutrition - Per 100g**

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No 100g Conversion Available

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