

Variety of Cereal

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-44184

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1/2 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL	1/2 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL CINN TOAST R/S BWL	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CHEERIOS WGRAIN BWL	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL COCOA PUFFS WGRAIN R/S	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.420
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	45.53
Fat	0.71g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	61.32mg
Carbohydrates	9.66g
Fiber	1.02g
Sugar	2.60g
Protein	0.87g
Vitamin A 25.20IU	Vitamin C 0.30mg
Calcium 35.65mg	Iron 1.64mg

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

Nutrition - Per 100g

No 100g Conversion Available