

Cereal Bowl with String Cheese

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-50385
School:	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

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: 2.00

Serving Size: 1.00 Each

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

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

Nutrition - Per 100g

No 100g Conversion Available
