

# Cereal and Toast-WG

<b>Servings:</b>	3.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44816
<b>School:</b>	Walton-Verona Elementary		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
Toast with Butter	3 Serving	Spray sheet pan with butter spray Place bread on a sheet pan spread liquid butter on the top of the bread- 1/2 tablespoon per slice Toast in a convection oven until lightly brown- approximately 5-7minutes Place in heat and hold until ready to serve Cook to the line during service.	R-44246

## Preparation Instructions

Students can take cereal and toast or each one separately.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<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: 3.00

Serving Size: 1.00 Serving

Amount Per Serving	
<b>Calories</b>	500.00
<b>Fat</b>	25.67g
<b>SaturatedFat</b>	3.75g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	495.00mg
<b>Carbohydrates</b>	59.33g
<b>Fiber</b>	5.67g
<b>Sugar</b>	10.67g
<b>Protein</b>	10.67g
<b>Vitamin A</b> 100.00IU	<b>Vitamin C</b> 1.20mg
<b>Calcium</b> 84.17mg	<b>Iron</b> 20.50mg

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

## Nutrition - Per 100g

No 100g Conversion Available