

Assorted Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-22758
School:	Knox Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each		365790
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package		265811
CEREAL GLDN GRAHAMS BWL	1 Each		509434
CEREAL COCOA PUFFS WGRAIN R/S	1 Each		270401
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL TRIX R/S WGRAIN BWL	1 Package		265782

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
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: 6.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	108.67
Fat	1.32g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	161.67mg
Carbohydrates	23.67g
Fiber	2.02g
Sugar	7.83g
Protein	1.57g
Vitamin A 50.00IU	Vitamin C 0.60mg
Calcium 75.73mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available
