

Cereal Bar Variety

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50453

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL CHEERIO WGRAIN IW	1 Each	READY_TO_EAT Ready to eat	265931
BAR CEREAL GLDN GRHM WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265921
BAR CEREAL CINN TST WGRAIN	1 Each	READY_TO_EAT Ready to Eat	265891
BAR CEREAL TRIX WGRAIN	1 Each	READY_TO_EAT Ready to eat	268690
BAR CEREAL COCOA RICE KRISPY 96-1.34Z	1 Each		282431
BAR CEREAL COCOPUFF WGRAIN	1 Each	N/A	265901

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
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	188.00
Fat	4.40g
SaturatedFat	0.40g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	138.00mg
Carbohydrates	35.20g
Fiber	3.60g
Sugar	10.80g
Protein	2.60g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 252.00mg	Iron 2.32mg

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

Nutrition - Per 100g

No 100g Conversion Available