

Assorted Cereal

Servings:	9.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43192
School:	East Porter County School Corporation- Middle/High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL CINN TOAST CRNCH BWL	1 Each	N/A	595934
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557

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: 9.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	111.63
Fat	1.43g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	158.12mg
Carbohydrates	23.33g
Fiber	1.72g
Sugar	7.33g
Protein	1.97g
Vitamin A 33.33IU	Vitamin C 0.40mg
Calcium 80.58mg	Iron 3.25mg

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

Nutrition - Per 100g

No 100g Conversion Available