

GOLDEN GRAHAMS CEREAL



Servings:	1.00	Category:	Entree
Serving Size:	2.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9259
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS POU 96-1Z GENM	2 Each	READY_TO_EAT Ready to eat cereal bars	795420

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 2.00 Each

Amount Per Serving	
Calories	200.00
Fat	1.00g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	420.00mg
Carbohydrates	48.00g
Fiber	2.00g
Sugar	16.00g
Protein	2.00g
Vitamin A 0.00IU	Vitamin C 0.00mg
Calcium 180.00mg	Iron 5.00mg

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

Nutrition - Per 100g

No 100g Conversion Available