

Cereal Bar (2 Ounce)

| | | | |
|----------------------|---------------------|-----------------------|---------|
| Servings: | 3.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-41033 |
| School: | Concord High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------------|-------------|-------------------|------------|
| BAR CEREAL LUCKY CHARMS 48-2.5Z | 1 each | | 368248 |
| BAR CEREAL CHEERIOS PCH 48-2.5Z | 1 Each | | 368353 |
| BAR CEREAL CINN TST 48-2.5Z GENM | 1 Each | | 811411 |

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: 3.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|-------------------------|-------------------------|
| Calories | 273.33 |
| Fat | 5.67g |
| SaturatedFat | 0.50g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 180.00mg |
| Carbohydrates | 51.33g |
| Fiber | 5.00g |
| Sugar | 15.00g |
| Protein | 4.33g |
| Vitamin A 0.00IU | Vitamin C 0.00mg |
| Calcium 423.33mg | Iron 3.90mg |

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

Nutrition - Per 100g

No 100g Conversion Available