

Assorted Cereals

Servings:	14.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50274
School:	Prairie Crossing		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat	509434
CEREAL CHEERIOS HNY BOWL	1 Each	READY_TO_EAT Ready to eat	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	READY_TO_EAT Ready to Eat	265811
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RAISIN BRAN BWL	1 Each		247197

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: 14.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.48
Fat	1.28g
SaturatedFat	0.02g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	147.36mg
Carbohydrates	23.64g
Fiber	2.18g
Sugar	6.79g
Protein	2.05g
Vitamin A 42.86IU	Vitamin C 0.51mg
Calcium 60.37mg	Iron 4.11mg

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

Nutrition - Per 100g

No 100g Conversion Available