

Assorted Variety of Cereal

Servings:	6.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31226
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	265811
CEREAL FROOT LOOPS R/S BWL	1 Each	283620
CEREAL CINN TOAST CRNCH BWL	1 Each	595934
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL APPLE JACKS R/S BWL	1 Each	283611

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: 6.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	110.33
Fat	1.32g
SaturatedFat	0.05g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.33mg
Carbohydrates	23.67g
Fiber	1.68g
Sugar	8.00g
Protein	1.73g
Vitamin A 50.00IU	Vitamin C 0.60mg
Calcium 65.73mg	Iron 2.36mg

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

Nutrition - Per 100g

No 100g Conversion Available