

# Assorted 2oz Cereal Bowls

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-35666
<b>School:</b>	NORTHWOOD ELEMENTARY		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX CINN CUP	1 Each	READY_TO_EAT Ready To Eat	105357
CEREAL LUCKY CHARMS CUP 60-2Z GENM	1 Each		105840
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105850
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	READY_TO_EAT Ready to eat	105931
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	READY_TO_EAT	261799

## Preparation Instructions

No Preparation Instructions available.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	212.00
<b>Fat</b>	3.40g
<b>SaturatedFat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	296.00mg
<b>Carbohydrates</b>	42.80g
<b>Fiber</b>	3.80g
<b>Sugar</b>	13.20g
<b>Protein</b>	3.60g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 132.00mg	<b>Iron</b> 5.26mg

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

## Nutrition - Per 100g

No 100g Conversion Available