

Assorted Cereal Kit

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38295
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT	1 Each		525290
CEREAL APPL JK R/S BKFST KIT	1 Package		676160
CEREAL COCO PUFFS BKFST KIT R/S	1 Package		533130
CEREAL CINN TST RS BKFST KIT	1 Each		150471

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	222.50
Fat	3.63g
SaturatedFat	0.63g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	213.75mg
Carbohydrates	46.25g
Fiber	3.25g
Sugar	15.50g
Protein	3.25g
Vitamin A 412.50IU	Vitamin C 49.50mg
Calcium 130.50mg	Iron 3.83mg

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

Nutrition - Per 100g

No 100g Conversion Available
