

Assorted Variety of Cereal

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	N/A	265811
CEREAL FRSTD FLKS BWL	1 Each		233021
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790

Preparation Instructions

Updated 10.8.24

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: 8.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.75
Fat	1.30g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	158.75mg
Carbohydrates	23.75g
Fiber	1.76g
Sugar	7.88g
Protein	1.43g
Vitamin A 75.00IU	Vitamin C 0.90mg
Calcium 64.30mg	Iron 3.31mg

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

Nutrition - Per 100g

No 100g Conversion Available