

Assorted Whole Grain Cereals

Servings:	7.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-9688
School:	New Paris Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	N/A	265811
CEREAL CHEERIOS HNYNUT BWL	1 Each	N/A	509396
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	107.43
Fat	1.27g
SaturatedFat	0.04g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	154.29mg
Carbohydrates	23.57g
Fiber	2.16g
Sugar	7.86g
Protein	1.77g
Vitamin A 42.86IU	Vitamin C 0.51mg
Calcium 60.63mg	Iron 2.41mg

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

Nutrition - Per 100g

No 100g Conversion Available