

Assorted Cereal Bars

Servings:	5.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-40127
School:	Benton Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN	1 Each		265901
BAR CEREAL GLDN GRHM WGRAIN	1 Each		265921
BAR CEREAL CINN TST WGRAIN	1 Each		265891
BAR CEREAL TRIX WGRAIN	1 Each		268690
BAR CEREAL CHEERIO WGRAIN IW	1 Each		265931

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: 5.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories	158.00		
Fat	3.50g		
SaturatedFat	0.20g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	108.00mg		
Carbohydrates	29.60g		
Fiber	3.00g		
Sugar	8.80g		
Protein	2.20g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	238.00mg	Iron	2.12mg

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

Nutrition - Per 100g

No 100g Conversion Available
