

# Assorted Whole Grain Cereals

<b>Servings:</b>	7.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-9688
<b>School:</b>	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

<b>Meat</b>	0.000
<b>Grain</b>	1.000
<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: 7.00

Serving Size: 1.00 Each

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

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

## Nutrition - Per 100g

No 100g Conversion Available