

LUCKY CHARMS CEREAL WITH DONUT STIX



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26277
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
DONUT DUNKIN STIX WGRAIN IW 100-1.9Z	1 Each		726932

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

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

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		290.00	
Fat		7.00g	
SaturatedFat		1.50g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		380.00mg	
Carbohydrates		52.00g	
Fiber		4.00g	
Sugar		22.00g	
Protein		5.00g	
Vitamin A	300.00IU	Vitamin C	3.60mg
Calcium	84.00mg	Iron	3.70mg

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

Nutrition - Per 100g

No 100g Conversion Available