

Variety of Cereal (2 grain equivalent)

Servings:	2.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-29435
School:	Wakarusa Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Frosted Flakes- Large Bowl Pack	1 Each		00955
Honey Graham Toasters- large bowl pack	1 Each		03759

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: 2.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories	225.00		
Fat	0.00g		
SaturatedFat	0.25g		
Trans Fat*	0.00g		
Cholesterol	0.00mg		
Sodium	380.00mg		
Carbohydrates	47.00g		
Fiber	1.50g		
Sugar	20.00g		
Protein	3.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg

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

Nutrition - Per 100g

No 100g Conversion Available