

Frosted Flakes w/ Honey Oat Goldfish



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11397
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL	1 Each	Product is shelf stable. Ready to serve.	388190
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Product is shelf stable. Ready to serve.	770960

Preparation Instructions

Product is shelf stable. Ready to serve.

CCP: Store at 50°F - 70°F.

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 Serving

Amount Per Serving			
Calories		220.00	
Fat		4.00g	
SaturatedFat		1.00g	
Trans Fat*		0.00g	
Cholesterol		0.00mg	
Sodium		285.00mg	
Carbohydrates		43.00g	
Fiber		3.00g	
Sugar		11.00g	
Protein		3.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	220.00mg	Iron	6.20mg

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

Nutrition - Per 100g

No 100g Conversion Available