

# Lucky Charms Cereal- SM



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-26445
School:	Central Elementary 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

## Preparation Instructions

READY\_TO\_EAT  
Ready to eat dry cereal in a portable, easy-to-serve bowl.  
CCP: Store at 50°F - 70°F.

## 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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>		110.00	
<b>Fat</b>		1.00g	
<b>SaturatedFat</b>		0.00g	
<b>Trans Fat*</b>		0.00g	
<b>Cholesterol</b>		0.00mg	
<b>Sodium</b>		170.00mg	
<b>Carbohydrates</b>		23.00g	
<b>Fiber</b>		2.00g	
<b>Sugar</b>		9.00g	
<b>Protein</b>		2.00g	
<b>Vitamin A</b>	300.00IU	<b>Vitamin C</b>	3.60mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.70mg

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

## Nutrition - Per 100g

No 100g Conversion Available