

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-52723
School:	Highland Middle School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL RAISIN BRAN BWL	1 Each		247197
Lucky Charms Reduced Sugar	1 Each		549485

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 11.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		99.20	
Fat		1.41g	
Saturated Fat		0.03g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		127.24mg	
Carbohydrates		21.45g	
Fiber		2.02g	
Sugar		5.27g	
Added Sugar		1.64g	
Protein		1.85g	
Vitamin A	27.27mcg	Vitamin C	0.33mg
Calcium	61.53mg	Iron	4.96mg

Nutrition - Per 100g

No 100g Conversion Available