

# Assorted Cereals



Servings:	14.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-50274
School:	Prairie Crossing		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL GLDN GRAHAMS BWL	1 Each	READY_TO_EAT Ready to eat	509434
CEREAL CHEERIOS HNY BOWL	1 Each	READY_TO_EAT Ready to eat	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL APPLCINN WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	266052
CEREAL LUCKY CHARMS WGRAIN BWL	1 Each	READY_TO_EAT Ready to Eat	265811
CEREAL RICE CHEX WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	268711
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL CINN TOAST R/S BWL	1 Each	READY_TO_EAT Ready To Eat	365790

Description	Measurement	Prep Instructions	DistPart #
CEREAL APPLE JACKS R/S BWL	1 Each		283611
CEREAL FROOT LOOPS R/S BWL	1 Each		283620
CEREAL RAISIN BRAN BWL	1 Each		247197

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving	
Meat	0.000
Grain	1.018
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: 14.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		107.48	
Fat		1.28g	
Saturated Fat		0.02g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		147.36mg	
Carbohydrates		23.64g	
Fiber		2.18g	
Sugar		6.79g	
Added Sugar		1.50g	
Protein		2.05g	
Vitamin A	42.86mcg	Vitamin C	0.51mg
Calcium	60.37mg	Iron	4.09mg

### Nutrition - Per 100g

No 100g Conversion Available			
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