

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
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