

Assorted Variety of Cereal (2 Ounce)

Servings:	8.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51936
School:	Highland High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB CUP	1 Each	N/A	806114
CEREAL RICE CHEX CINN CUP	1 Each	N/A	105357
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	N/A	105931
CEREAL FRSTD MINI WHE 60CT KELL	1 Each		394244
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	N/A	261799
CEREAL TRIX R/S CUP 2Z 60CT	1 Each		383189
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	N/A	105850
Lucky Charms Reduced Sugar Cup	1 Each		549484

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
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: 8.00

Serving Size: 1.00 Each

Amount Per Serving			
Calories		134.19	
Fat		2.19g	
Saturated Fat		0.19g	
Trans Fat		0.00g	
Cholesterol		0.00mg	
Sodium		181.27mg	
Carbohydrates		26.98g	
Fiber		2.39g	
Sugar		7.28g	
Added Sugar		3.03g	
Protein		2.14g	
Vitamin A	0.00mcg	Vitamin C	0.00mg
Calcium	102.50mg	Iron	3.94mg

Nutrition - Per 100g

No 100g Conversion Available