

Breakfast Cereal- Variety

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-57058

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Each		365790
CEREAL TRIX R/S WGRAIN BWL	1 Package		265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each		270401

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	1.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	85.00
Fat	1.75g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	111.25mg
Carbohydrates	17.50g
Fiber	2.00g
Total Sugar	4.50g
Added Sugar	4.50g
Protein	1.50g
Vitamin A 100.00mcg	Vitamin C 0.00mg
Calcium 65.00mg	Iron 1.70mg

Nutrition - Per 100g

No 100g Conversion Available