

# Lucky Charms Cereal- SM

|                      |                           |                       |         |
|----------------------|---------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                      | <b>Category:</b>      | Entree  |
| <b>Serving Size:</b> | 1.00 Serving              | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Breakfast                 | <b>Recipe ID:</b>     | R-26445 |
| <b>School:</b>       | Central Elementary School |                       |         |

## Ingredients

| Description                       | Measurement | Prep Instructions  | DistPart # |
|-----------------------------------|-------------|--|------------|
| CEREAL LUCKY CHARMS WGRAIN<br>BWL | 1 Package   | READY_TO_EAT<br>Ready to eat dry cereal in a portable, easy-to-serve bowl. | 265811     |

## Preparation Instructions

READY\_TO\_EAT

Ready to eat dry cereal in a portable, easy-to-serve bowl.

CCP: Store at 50°F - 70°F.

### Meal Components

Amount Per Serving

|                                 |       |
|---------------------------------|-------|
| <b>Meat/Meat Alternate</b>      | 0.000 |
| <b>Grain</b>                    | 1.000 |
| <b>Fruit</b>                    | 0.000 |
| <b>DarkGreen</b>                | 0.000 |
| <b>Red/Orange</b>               | 0.000 |
| <b>OtherVeg</b>                 | 0.000 |
| <b>Beans, Peas, and Lentils</b> | 0.000 |
| <b>Starchy</b>                  | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Serving

| Amount Per Serving         |                         |
|----------------------------|-------------------------|
| <b>Calories</b>            | 110.00                  |
| <b>Fat</b>                 | 1.00g                   |
| <b>Saturated Fat</b>       | 0.00g                   |
| <b>Trans Fat</b>           | 0.00g                   |
| <b>Cholesterol</b>         | 0.00mg                  |
| <b>Sodium</b>              | 170.00mg                |
| <b>Carbohydrates</b>       | 23.00g                  |
| <b>Fiber</b>               | 2.00g                   |
| <b>Total Sugar</b>         | 9.00g                   |
| <b>Added Sugar</b>         | 9.00g                   |
| <b>Protein</b>             | 2.00g                   |
| <b>Vitamin A</b> 300.00mcg | <b>Vitamin C</b> 3.60mg |
| <b>Calcium</b> 60.00mg     | <b>Iron</b> 2.70mg      |

## **Nutrition - Per 100g**

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No 100g Conversion Available

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