

Frosted Flakes w/ Honey Oat Goldfish



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-11397
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD FLKS R/S BWL	1 Each	Product is shelf stable. Ready to serve.	388190
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Product is shelf stable. Ready to serve.	770960

Preparation Instructions

Product is shelf stable. Ready to serve.

CCP: Store at 50°F - 70°F.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
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: 1.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	220.00
Fat	4.00g
Saturated Fat	1.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	285.00mg
Carbohydrates	43.00g
Fiber	3.00g
Total Sugar	11.00g
Added Sugar	0.00g
Protein	3.00g
Vitamin A 0.00mcg	Vitamin C 0.00mg
Calcium 220.00mg	Iron 6.20mg

Nutrition - Per 100g

No 100g Conversion Available