

Lucky Charms Cereal- LG



Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-17644
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Lucky Charms Reduced Sugar Cup	1 Each		549484

Preparation Instructions

READY_TO_EAT

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 Each

Amount Per Serving	
Calories	210.00
Fat	2.50g
Saturated Fat	0.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	440.00mg
Carbohydrates	45.00g
Fiber	5.00g
Total Sugar	12.00g
Added Sugar	12.00g
Protein	5.00g
Vitamin A 0.00mcg**	Vitamin C 0.00mg**
Calcium 200.00mg	Iron 5.60mg

**One or more nutritional components are missing from at least one item on this recipe.

Nutrition - Per 100g

No 100g Conversion Available