

# Lucky Charms w/ Honey Oat Goldfish



<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-8363
<b>School:</b>	Graves County High School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CRACKER GLDFSH HNY OAT WGRAIN 300-2CT	1 Package	Ready to eat	770960

## 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>	2.000
<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>	230.00
<b>Fat</b>	5.00g
<b>Saturated Fat</b>	1.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	285.00mg
<b>Carbohydrates</b>	42.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	14.00g
<b>Added Sugar</b>	9.00g
<b>Protein</b>	3.00g
<b>Vitamin A</b> 300.00mcg	<b>Vitamin C</b> 3.60mg
<b>Calcium</b> 280.00mg	<b>Iron</b> 7.10mg

## Nutrition - Per 100g

No 100g Conversion Available