

Cereal Bowl with String Cheese

NO IMAGE

| | | | |
|----------------------|--------------------------|-----------------------|---------|
| Servings: | 2.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Lunch | Recipe ID: | R-50385 |
| School: | Walton-Verona Elementary | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|----------------------------|-------------|------------------------------|------------|
| CHEESE STRING MOZZ | 2 Each | | 579050 |
| CEREAL CINN TOAST R/S BWL | 1 Each | READY_TO_EAT Ready To Eat | 365790 |
| CEREAL APPLCINN WGRAIN BWL | 1 Each | READY_TO_EAT Ready to eat | 266052 |

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

| <hr/> | |
|---------------------------------|-------|
| Meat/Meat Alternate | 1.000 |
| 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: 2.00

Serving Size: 1.00 Each

| <hr/> | |
|---------------------------|-------------------------|
| Amount Per Serving | |
| <hr/> | |
| Calories | 191.75 |
| Fat | 8.45g |
| Saturated Fat | 3.50g |
| Trans Fat | 0.00g |
| Cholesterol | 15.00mg |
| Sodium | 336.75mg |
| Carbohydrates | 22.50g |
| Fiber | 3.15g |
| Total Sugar | 7.50g |
| Added Sugar | 7.50g |
| Protein | 9.15g |
| <hr/> | |
| Vitamin A 0.00mcg | Vitamin C 0.00mg |
| Calcium 279.19mg | Iron 2.26mg |

Nutrition - Per 100g

No 100g Conversion Available
