

# Variety of Cereal

NO IMAGE

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-44184

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS WGRAIN BWL	1/2 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL	1/2 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265782
CEREAL CINN TOAST R/S BWL	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL CHEERIOS WGRAIN BWL	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	264702
CEREAL COCOA PUFFS WGRAIN R/S	1/2 Each	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401

## Preparation Instructions

No Preparation Instructions available.

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.420
<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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	46.20
<b>Fat</b>	0.84g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	63.42mg
<b>Carbohydrates</b>	9.58g
<b>Fiber</b>	1.09g
<b>Total Sugar</b>	2.35g
<b>Added Sugar</b>	2.35g
<b>Protein</b>	1.01g
<b>Vitamin A</b> 58.80mcg	<b>Vitamin C</b> 0.30mg
<b>Calcium</b> 31.92mg	<b>Iron</b> 1.55mg

## Nutrition - Per 100g

No 100g Conversion Available