

Cereal Assorted

NO IMAGE

Servings:	5.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-54670
School:	Walton-Verona Early Childhood Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST CRNCH BWL	1 Each	READY_TO_EAT Ready to eat	595934
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265811
CEREAL CHEERIOS WGRAIN BWL	1 Each	READY_TO_EAT Ready to eat	264702
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	READY_TO_EAT Ready to eat	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to Eat	265782

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	112.00
Fat	2.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	151.00mg
Carbohydrates	22.80g
Fiber	2.00g
Total Sugar	6.00g
Added Sugar	6.00g
Protein	2.20g
Vitamin A 140.00mcg	Vitamin C 0.72mg
Calcium 82.00mg	Iron 3.70mg

Nutrition - Per 100g

No 100g Conversion Available