

Assorted 2oz Cereal Bowls



| | | | |
|----------------------|-------------------------|-----------------------|---------|
| Servings: | 6.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | No Cook |
| Meal Type: | Breakfast | Recipe ID: | R-35666 |
| School: | NORTHWOOD ELEMENTARY | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|-------------------|------------|
| CEREAL TRIX R/S CUP | 1 Each | | 383189 |
| CEREAL CINN TST CRNCH CUP 60-2Z GENM | 1 Each | Ready to eat | 105931 |
| CEREAL RICE CHEX CINN CUP | 1 Each | Ready To Eat | 105357 |
| CEREAL COCOA PUFFS CUP 60-2Z GENM | 1 Each | Ready to eat | 105850 |
| CEREAL CHEERIOS HNY CUP 60-2Z | 1 Each | Ready to eat | 261799 |
| Lucky Charms Reduced Sugar Cup | 1 Package | | 549484 |

Preparation Instructions

No Preparation Instructions available.

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: 6.00

Serving Size: 1.00 Each

| Amount Per Serving | |
|----------------------------|---------------------------|
| Calories | 213.33 |
| Fat | 3.33g |
| Saturated Fat | 0.33g |
| Trans Fat | 0.00g |
| Cholesterol | 0.00mg |
| Sodium | 315.00mg |
| Carbohydrates | 43.33g |
| Fiber | 4.00g |
| Total Sugar | 11.67g |
| Added Sugar | 11.83g |
| Protein | 3.67g |
| Vitamin A 0.00mcg** | Vitamin C 0.00mg** |
| Calcium 170.00mg | Iron 6.13mg |

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

Nutrition - Per 100g

No 100g Conversion Available