

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