

Honey Nut Cheerios



Servings:	1.00	Category:	Grain
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-51417
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CHEERIOS HNYNUT BWL	1 Each	READY_TO_EAT Ready to eat	509396

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: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.00
Fat	1.50g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	160.00mg
Carbohydrates	23.00g
Fiber	2.00g
Total Sugar	9.00g
Added Sugar	9.00g
Protein	2.00g
Vitamin A 0.00mcg RAE	Vitamin C 0.00mg
Calcium 60.00mg	Iron 2.70mg

Nutrition - Per 100g

No 100g Conversion Available