

Whole Grain Cereal Variety

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Ounce	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-46345
School:	Early Learning Center at George Earle Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL FRSTD CINN FLKS R/S WGRAIN	1 Each		498190
CEREAL CINN CHEX BWL	1 Each	READY_TO_EAT Ready To Eat	453143
Honey Nut Cheerios Cereal Bowl	1		509396
CEREAL RICE CHEX BLUEB BOWL	1 Each	READY_TO_EAT Ready to eat	261737

Preparation Instructions

each bowl of whole grain cereal is to be served with 1 piece of whole grain toast.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
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: 4.00

Serving Size: 1.00 Ounce

Amount Per Serving	
Calories	110.00
Fat	1.63g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	165.00mg
Carbohydrates	23.00g
Fiber	1.00g
Total Sugar	6.75g
Added Sugar	4.50g**
Protein	1.50g
Vitamin A 75.00mcg RAE**	Vitamin C 0.90mg**
Calcium 50.00mg	Iron 4.98mg

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

Nutrition - Per 100g

Calories	388.01
Fat	5.73g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	582.01mg
Carbohydrates	81.13g
Fiber	3.53g
Total Sugar	23.81g
Added Sugar	15.87g**
Protein	5.29g
Vitamin A 264.55mcg RAE**	Vitamin C 3.17mg**
Calcium 176.37mg	Iron 17.55mg

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