

Whole Grain Cereal Variety

NO IMAGE

Servings:	4.00	Category:	Entree
Serving Size:	1.00 Package	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-28515
School:	Summer Feeding		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL CINN TOAST R/S BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	365790
CEREAL COCOA PUFFS WGRAIN R/S	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	270401
CEREAL LUCKY CHARMS WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	265811
CEREAL TRIX R/S WGRAIN BWL	1 Package	READY_TO_EAT Ready to eat dry cereal in a portable, easy-to-serve bowl.	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: 4.00

Serving Size: 1.00 Package

Amount Per Serving	
Calories	112.50
Fat	2.00g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	153.75mg
Carbohydrates	23.25g
Fiber	2.50g
Total Sugar	6.75g
Added Sugar	6.75g
Protein	2.00g
Vitamin A 175.00mcg RAE	Vitamin C 0.90mg
Calcium 80.00mg	Iron 2.38mg

Nutrition - Per 100g

No 100g Conversion Available