

# Whole Grain Cereal Variety

NO IMAGE

<b>Servings:</b>	4.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Ounce	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-46345
<b>School:</b>	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

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 4.00

Serving Size: 1.00 Ounce

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

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

## Nutrition - Per 100g

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

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