

Assorted Cereal Kit

Servings:	3.00	Category:	Entree
Serving Size:	1.00 Kit	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-38295
School:	Union Township Middle School/Wheeler High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL LUCKY CHARMS BKFST KIT	1 Each	READY_TO_EAT Ready-to-eat	525290
CEREAL COCO PUFFS BKFST KIT R/S	1 Package	READY_TO_EAT Ready-to-eat	533130
CEREAL CINN TST RS BKFST KIT	1 Each	READY_TO_EAT Ready-to-eat	150471

Preparation Instructions

No Preparation Instructions available.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	2.000
Fruit	0.500
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 3.00

Serving Size: 1.00 Kit

Amount Per Serving	
Calories	276.67
Fat	5.33g
Saturated Fat	0.67g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	278.33mg
Carbohydrates	55.67g
Fiber	4.00g
Total Sugar	25.00g
Added Sugar	7.00g
Protein	4.00g
Vitamin A 166.67mcg RAE	Vitamin C 22.00mg
Calcium 136.67mg	Iron 4.60mg

Nutrition - Per 100g

No 100g Conversion Available
