

Assorted Variety of Cereal

Servings:	14.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-31226
School:	John Simatovich Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	N/A	261737
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL RICE CHEX WGRAIN BWL	1 Package	N/A	268711
CEREAL CHEERIOS WGRAIN BWL	1 Each	N/A	264702
CEREAL CHEERIOS HNY BOWL	1 Each		261557
CEREAL APPLCINN WGRAIN BWL	1 Each	N/A	266052
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
CEREAL TRIX R/S WGRAIN BWL	1 Package		265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each		270401
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL RAISIN BRAN BWL	1 Each		247197
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434

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: 14.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	110.19
Fat	1.57g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	152.72mg
Carbohydrates	23.43g
Fiber	2.10g
Total Sugar	6.21g
Added Sugar	4.86g
Protein	2.09g
Vitamin A 71.43mcg RAE	Vitamin C 0.51mg
Calcium 70.77mg	Iron 4.72mg

Nutrition - Per 100g

No 100g Conversion Available