

Assorted Variety of Cereal

Servings:	7.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-43564
School:	Beiriger and Wadsworth Elementary		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CEREAL GLDN GRAHAMS BWL	1 Each	N/A	509434
CEREAL CINN CHEX BWL	1 Each	N/A	453143
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL CINN TOAST R/S BWL	1 Each	N/A	365790
Lucky Charms Reduced Sugar	1 Each		549485
CEREAL CORN FROSTIES BWLPK	1 Each	N/A	704280

Preparation Instructions

Updated 8.13.25

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: 7.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	111.43
Fat	1.79g
Saturated Fat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	172.14mg
Carbohydrates	23.29g
Fiber	1.86g
Total Sugar	6.71g
Added Sugar	5.43g
Protein	1.71g
Vitamin A 100.00mcg RAE**	Vitamin C 0.51mg**
Calcium 82.86mg	Iron 3.43mg

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

Nutrition - Per 100g

No 100g Conversion Available