

# Assorted Cereal Bar

<b>Servings:</b>	5.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Breakfast	<b>Recipe ID:</b>	R-34778
<b>School:</b>	Knox Middle School		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BAR CEREAL COCOPUFF WGRAIN	1 Each		265901
BAR CEREAL TRIX WGRAIN	1 Each		268690
BAR CEREAL CHEERIO WGRAIN IW	1 Each		265931
BAR CEREAL CINN TST WGRAIN	1 Each		265891
BAR CEREAL GLDN GRHM WGRAIN	1 Each		265921

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	1.000
<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: 5.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	158.00
<b>Fat</b>	3.50g
<b>Saturated Fat</b>	0.10g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	111.00mg
<b>Carbohydrates</b>	29.60g
<b>Fiber</b>	2.80g
<b>Total Sugar</b>	9.00g
<b>Added Sugar</b>	6.60g
<b>Protein</b>	2.20g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.40mg
<b>Calcium</b> 250.00mg	<b>Iron</b> 2.26mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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