

# Assorted Cereal

<b>Servings:</b>	10.00	<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-22758
<b>School:</b>	Knox Middle School	<b>Grams Per Serving:</b>	

## 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 CINN TOAST R/S BWL	1 Each		365790
CEREAL FRSTD MINI WHE BWL	1 Each		662186
CEREAL CHEERIOS HNY BOWL	1 Each	N/A	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	N/A	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	N/A	270401
Lucky Charms Reduced Sugar	1 Each		549485

## Preparation Instructions

Updated June 2025

## 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: 10.00

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	109.67
<b>Fat</b>	1.52g
<b>Saturated Fat</b>	0.07g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	152.84mg
<b>Carbohydrates</b>	22.94g
<b>Fiber</b>	2.11g
<b>Total Sugar</b>	5.09g
<b>Added Sugar</b>	4.43g**
<b>Protein</b>	2.24g
<b>Vitamin A</b> 70.00mcg RAE**	<b>Vitamin C</b> 0.36mg**
<b>Calcium</b> 75.58mg	<b>Iron</b> 5.47mg

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

## Nutrition - Per 100g

No 100g Conversion Available