

Assorted Variety of Cereal-Lower Sugar (1 Ounce)

Servings:	11.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	No Cook
Meal Type:	Breakfast	Recipe ID:	R-76397
School:	NEW PRAIRIE HIGH SCHOOL	Grams Per Serving:	

Ingredients

Description	Measurement	DistPart #
CEREAL RICE CHEX BLUEB BOWL	1 Each	261737
CEREAL CHEERIOS WGRAIN BWL	1 Each	264702
CEREAL CINN CHEX BWL	1 Each	453143
CEREAL CINN TOAST R/S BWL	1 Each	365790
CEREAL FRSTD MINI WHE BWL	1 Each	662186
CEREAL CHEERIOS HNY BOWL	1 Each	261557
CEREAL TRIX R/S WGRAIN BWL	1 Package	265782
CEREAL COCOA PUFFS WGRAIN R/S	1 Each	270401
CEREAL RICE CHEX WGRAIN BWL	1 Package	268711
CEREAL RAISIN BRAN BWL	1 Each	247197
Lucky Charms Reduced Sugar	1 Each	549485

Preparation Instructions

Updated as of May 5 2025 jh/kj

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: 11.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	109.90
Fat	1.57g
Saturated Fat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	149.78mg
Carbohydrates	23.39g
Fiber	2.24g
Total Sugar	5.52g
Added Sugar	4.58g
Protein	2.31g
Vitamin A 63.64mcg RAE**	Vitamin C 0.33mg**
Calcium 66.78mg	Iron 5.15mg

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

Nutrition - Per 100g

No 100g Conversion Available