

# Assorted Cereal-2 Ounce

<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-33799
<b>School:</b>	NEW PRAIRIE HIGH SCHOOL	<b>Grams Per Serving:</b>	

## Ingredients

Description	Measurement	DistPart #
CEREAL CHEERIOS HNY CUP 60-2Z	1 Each	261799
CEREAL CINN TST CRNCH CUP 60-2Z GENM	1 Each	105931
CEREAL TRIX R/S CUP	1 Each	383189
CEREAL COCOA PUFFS CUP 60-2Z GENM	1 Each	105850
Lucky Charms Reduced Sugar Cup	1 Each	549484

## Preparation Instructions

Note: No other grain is needed to be served with these cereal since they count as 2 Grain Equivalents

Updated 7.25.25

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<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>	220.00
<b>Fat</b>	3.50g
<b>Saturated Fat</b>	0.50g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	388.00mg
<b>Carbohydrates</b>	52.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	13.80g
<b>Added Sugar</b>	11.80g
<b>Protein</b>	4.60g
<b>Vitamin A</b> 0.00mcg RAE**	<b>Vitamin C</b> 1.20mg**
<b>Calcium</b> 216.63mg	<b>Iron</b> 6.05mg

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

## Nutrition - Per 100g

No 100g Conversion Available