

# ASSORTED COLD CEREALS-1 OZ. EQ.



WHOLE GRAINS

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 bowl pack

**RECIPE HACCP PROCESS:** #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Cinnamon Toast, WGR, #2110	13 bowl packs
Cereal, Frosted Flakes, WGR, #2112	12 bowl packs
Cereal, Honey Nut Cheerios, WGR, #2115	13 bowl packs
Cereal, Rice Chex, Gluten Free, WGR, #2111	12 bowl packs
Cereal, Trix, Reduced Sugar, WGR, #2116	13 bowl packs
Cereal, Reese's Puffs, WGR, #2108	12 bowl packs
Cereal, Cinnamon Chex, Gluten Free, WGR, #2114	13 bowl packs
Cereal, Bagged, Froot Loops, WGR, #2143	12 bags

**DIRECTIONS**

1. Place a variety of cereals on the line for service.
2. Portion 1 cereal per serving. Each portion provides 1 oz. eq. whole grain.

**NUTRIENTS PER SERVING**

Calories	111	Dietary Fiber	1.63 g	Sodium	173.00 mg	Sat. Fat	0.12 g
Carbohydrates	22.98 g	Protein	1.43 g	Total Fat	1.64 g	Trans Fat	0.00 g