

# HONEY NUT CHEERIOS CEREAL



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, Honey Nut Cheerios, WGR, #2115 | 100 bowl packs             |

**DIRECTIONS**

1. Place the cereal bowls on the line for service.
2. Portion 1 cereal bowl per serving. Each portion provides 1 oz. eq. whole grain.

**NUTRIENTS PER SERVING**

|               |         |               |        |           |           |           |        |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories      | 110     | Dietary Fiber | 2.00 g | Sodium    | 160.00 mg | Sat. Fat  | 0.00 g |
| Carbohydrates | 22.00 g | Protein       | 2.00 g | Total Fat | 1.50 g    | Trans Fat | 0.00 g |