

FROOT LOOPS CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 pouch

RECIPE HACCP PROCESS: #1 - No cook

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Bagged, Fruit Flavored, WGR, #2143	100 cereal pouches

DIRECTIONS

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

NUTRIENTS PER SERVING

Calories	110	Dietary Fiber	3.00 g	Sodium	170.00 mg	Sat. Fat	0.50 g
Carbohydrates	24.00 g	Protein	2.00 g	Total Fat	1.00 g	Trans Fat	0.00 g