

LUCKY CHARMS 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, Lucky Charms, WGR, #2116	100 bowl packs

DIRECTIONS

1. Place the 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	180.00 mg	Sat. Fat	0.00 g
Carbohydrates	23.00 g	Protein	2.00 g	Total Fat	1.00 g	Trans Fat	0.00 g