

ASSORTED COLD CEREALS-2 OZ. EQ.

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. whole grain

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

RECIPE HACCP PROCESS: #1 - No cook



WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Cereal, Frosted Flakes, WGR, #2112	33 bowl packs
Cereal, Mini Spooners, WGR, #2113	33 bowl packs
Cereal, Marshmallow Mateys, WGR, #2109	34 bowl packs

DIRECTIONS

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

NUTRIENTS PER SERVING

Calories	204	Dietary Fiber	4.00 g	Sodium	148.80 mg	Sat. Fat	0.00 g
Carbohydrates	44.00 g	Protein	4.66 g	Total Fat	0.82 g	Trans Fat	0.00 g