

FROSTED FLAKES CEREAL



WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. whole grain

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

RECIPE HACCP PROCESS: #1 - No cook

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|------------------------------------|----------------------------|
| Cereal, Frosted Flakes, WGR, #2112 | 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 | 100 | Dietary Fiber | 1.00 g | Sodium | 170.00 mg | Sat. Fat | 0.00 g |
| Carbohydrates | 24.00 g | Protein | 1.00 g | Total Fat | 0.50 g | Trans Fat | 0.00 g |