

# 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