

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 on 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