

Quest Food Management

Recipe Sizing Report

Nov 24, 2014

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001682 - cereal fruit loops red sug : NSLP	Components	Attributes
HACCP Process: #1 No Cook Number of Portions: 50 Size of Portion: 1 g/b	Meat/Alt: Grains: 1 oz Fruit: Vegetable: Milk:	

Ingredients	Measures	Instructions
903376 cereal fruit loops red sug gfs 283620...	50 package = 1 g/b	

*Nutrients are based upon 1 Portion Size (1 g/b)

Calories	1 kcal	Cholesterol	0 mg	Sugars	*N/A* g	Calcium	0.00 mg	8.17%	Calories from Total Fat
Total Fat	0.01 g	Sodium	2 mg	Protein	0.02 g	Iron	0.04 mg	8.17%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	0.22 g	Vitamin A	3.6 IU	Water ¹	*N/A* g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00 g	Dietary Fiber	0.03 g	Vitamin C	0.1 mg	Ash ¹	*N/A* g	87.33%	Calories from Carbohydrates
								7.26%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

Naturally Flavored **Fruity** 

Cheerios



General Mills
With Whole Grain 

120 CALORIES PER 1 BOWL

Sweetened Corn and Oat Cereal Flavored with Natural Fruit Flavors

SELF-SERVE BOWL

Nutrition Facts
Serving Size 1 bowl (31g) (1 cup)

Amount Per Serving	
Calories 120	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Potassium 70mg	2%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Sugars 10g	
Protein 2g	
Vitamin A 10%	• Vitamin C 30%
Calcium 10%	• Iron 25%
Vitamin D 10%	• Thiamin 30%
Riboflavin 30%	• Niacin 25%
Vitamin B ₆ 30%	• Folic Acid 50%
Vitamin B ₁₂ 30%	• Zinc 25%

* Percent Daily Values are based on a 2,000 calorie diet.

18g WHOLE GRAIN PER SERVING
At least 48 grams recommended daily

Ingredients: Whole Grain Corn, Sugar, Whole Grain Oats, Corn Syrup, Pear Puree Concentrate, Rice Bran and/or Canola Oil, Salt, Corn Bran, Trisodium Phosphate, Sodium Citrate, Natural Flavor, Color (red 40, yellow 6, blue 1, and other color added), Corn Starch, Vitamin E (mixed tocopherols), BHT, and Ascorbic Acid Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

MAY CONTAIN WHEAT INGREDIENTS.

DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.
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May be mfg. under U.S. Pat. Nos. 5,776,534; 5,919,509; 5,968,572; 7,882,959 & 7,959,961

 © NET WT 1-1/8 OZ (31g)

283620 - CEREAL FROOT LOOPS R/S BWL 96-1Z KELL



General

Nutrition

Product Image



Based on: ▾

Rounding: ▾



Description: AP Cereal, Froot Loops, R/S, Bwl, Kellog

Ingredients: For ingredient or allergen information, please contact: Kelloggs, phone: 87... [More](#)

Nutritional Information

Serving Size: 1 each (28 g)

Amount Per Serving:

Calories	110	Calories From Fat:	9
			% Daily Value
Total Fat	1 g		2%
Saturated Fat	.5 g		2%
Trans Fat	0 g		
PolyUnSat	n/a		n/a
MonoUnSat	n/a		n/a
Cholesterol	0 mg		0%
Sodium	170 mg		7%
Potassium	n/a		n/a
Total Carbs	24 g		8%
Dietary Fiber	3 g		12%
Sugars	8 g		n/a
Protein	2 g		4%
Vitamin A -	8%	Vitamin C -	20%
Calcium -	0%	Iron -	20%

Percent Daily Values are based on a 2,000 calorie diet

Calories Per Gram:

Fat 9

Carbohydrates 4

Protein 4

School Equivalents

1 Each

Child Nutrition Label	No
Meat/Meat Alternative	n/a
Fruit/Vegetables	n/a
Grain/Bread	n/a

Updated for New Final Rule

Meat/Meat Alternate	0.00 oz
Grain/Bread	1.00 oz eq

Fat Soluble Vitamins

Vitamin D	n/a
Vitamin D	32 IU
Vitamin E	n/a
Vitamin K	n/a
Vitamin A	400 IU
Vitamin A	n/a

Minerals

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Fruit	0.00 cup
Vegetable:	
Red/Orange	0.00 cup
Dark Green	0.00 cup
Starchy	0.00 cup
Beans/Peas	0.00 cup
Other	0.00 cup
Notes:	
n/a	

Phosphorus	n/a
Zinc	1.2 mg
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	3.6 mg
Manganese	n/a
Iodine	n/a

Water Soluble Vitamins	
Thiamin B1	.3 mg
Riboflavin B2	.34 mg
Niacin B3	4 mg
Pyridoxine B6	.4 mg
Cobalamin B12	5.6 mcg
Pantothenic Acid	n/a
Vitamin C	12 mg
Folic Acid	80 mcg

Ingredients	For ingredient or allergen information, please contact: Kelloggs, phone: 877-511-5777/web page: www.fafh.com. Please reference manufacturer number: 3800078788. Nutrition updated June 2014. The nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product. Back
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