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Fuel up for the day with a choice of our healthy whole grain cereals.

## Cereal

Serving Size 1 oz. **Carbs: 22.00**

Served on Wed, 03/04/2026

### Allergens



Soy



Wheat

### Nutrients

Iron (mg)	8.10
Saturated Fat (gm)	0.13
Fiber (gm)	2.25
Carbohydrate (gm)	22.00
Calories (kcal)	105.00
Cholesterol (mg)	0.00
Sodium (mg)	158.75
Sugars (gm)	3.73
Vitamin A (IU)	450.00
Vitamin C (mg)	7.65
Calcium (mg)	95.00
Protein (gm)	2.00



### Disclaimer

The information provided here is for general purpose use only. Yumyummi.com and the school district responsible for this data do not make any claims about the completeness, accuracy or reliability of this information. If you or your child has any food allergies, please contact your school district food and nutrition services for more information.

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