



5.0



We serve assorted cereals that are spoons-down awesome! All of our cereals are whole grain and contain no artificial sweeteners!

## Cereal V

Serving Size 2 oz (MS/HS) **Carbs: 44.50**

Served on Wed, 03/11/2026

### Allergens



Wheat



Soy

### Nutrients

Iron (mg)	16.20
Saturated Fat (gm)	0.15
Fiber (gm)	4.35
Carbohydrate (gm)	44.50
Calories (kcal)	216.00
Cholesterol (mg)	0.00
Sodium (mg)	239.50
Sugars (gm)	13.40
Vitamin A (IU)	431.75
Vitamin C (mg)	4.95
Calcium (mg)	112.50
Protein (gm)	4.35
Total Fat (gm)	2.85
Trans Fat (gm)	0.00



### 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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