



**Redlands Unified School District
Child Nutrition Services**

Breakfast: Cereal options

Nutrition Information

Product	Calories (Kcal)	Total Fat (g)	Sat. Fat (g)	Total Trans (g)	Cholesterol (mg)	Protein (g)	Iron (mg)	Calcium (mg)	Sugars (g)	Vit A (IU)	Vit C (mg)	Sodium (mg)	Carb (g)	Dietary Fiber (g)
Cereal, Frost Mini Wheat KG 96ct	100.000	1.000	.000	.000	.000	3.000	8.000	.000	6.000	.000	.000	105.000	23.000	3.000
Cereal, Rice Chex Bowls GM 96ct	70.000	.000	.000	.000	.000	1.000	5.400	60.000	2.000	300.000	3.600	170.000	16.000	1.000
Cereal, HN Cheerios GM 96ct	110.000	1.500	.000	.000	.000	2.000	4.500	99.999	9.000	499.996	6.000	160.000	22.000	2.000
Cereal, Cinnamon Toast GM 96ct	110.000	3.000	.500	.000	.000	1.000	3.600	200.001	--	399.994	4.800	160.000	22.000	3.000
Cereal, WG Rice Krispies 96ct	100.000	.500	.000	.000	.000	2.000	8.100	.000	1.000	1,000.000	12.000	170.000	23.000	.000
Cereal, AppCinn Cheerios GM 96ct	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000

PLEASE NOTE: The nutrition information provided in this analysis should not be used for people with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. In planning and treating allergies and medical conditions, please contact the district regarding their individual policy for accommodating special dietary needs.