



4.3



Cereals are rich in complex carbohydrates that provide you with energy!

## Deluxe Cereal Bowl

Serving Size 1 Each Bowl **Carbs: 45.40**

Served on Fri, 01/23/2026

### Allergens



Corn



Soy



Wheat



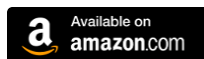
Gluten



Honey

### Nutrients

Calories	261.60
Carbohydrate (gm)	45.40
Fiber (gm)	3.80
Total Fat (gm)	4.20
Saturated Fat (gm)	0.40
Protein (gm)	3.80



### 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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