

Code-Cracker Cereal and Dried Cranberries

Item	Serving Size	Recipe	Healthy Preparation Tips
Multigrain "O"-type Cereal	$\frac{3}{4}$ cup		Use a whole-grain variety
Dried Cranberries	1.5 ozs.		
Toast	1 slice		Use a whole-grain variety
Grape Jelly	1 Tbsp.		
Orange Juice	4 ozs.		
Milk (variety)	8 fl. ozs.		Offer skim/lowfat varieties

Per Serving: 557 cal., 13.4 g pro., 107.2 g carb., 5.4 g fiber, 9.4 g fat, 2.4 g sat. fat, 12 mg chol., 503 mg sod., 1,483 IU vit. A, 42 mg vit. C, 396.5 mg ca., 11.9 mg iron

All menus, menu names and recipes are suggestions for your consideration. School nutrition professionals are encouraged to choose menus that fit best with the needs of your staff and students, as well as your own food-safety plan and nutrition requirements. SNA has not tested these recipes in a kitchen.