

Trail Mix - CACFP

General Information

Recipe #	Category	Source
1898840	Misc. 	Local

Ingredients

Name	Quantity	+ Quantity 2
Cereal, Cheerios, Box, 12/8.9oz, 6.68#, General Mills, 27526000	3	7/8 oz.
California Seedless Raisins	10	3/8 oz.
Goldfish Baked with Whole Grain Cheddar Crackers Colors	4	3/8 oz.

Preparation Instructions

HACCP Process: #4 - Non Potentially Hazardous

1. Mix all ingredients together in a large bowl and portion into 1 cup portions.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Remove product from dry storage room using oldest pack date first.

Dates

Last Updated	Created
08-05-2025	08-05-2025



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Serving Size	Yield
1 Cup	6.00

Nutrition Facts

Serving Size 1 Cup (90 gm)

Amount Per Serving	
Calories	313.382

	% Daily Value*
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Total Fat	0.930* gm	1.431%
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Saturated Fat	0.513 gm	2.564%
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Trans Fat	0.000 gm	
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Cholesterol	0.000 mg	
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Sodium	276.384 mg	11.516%
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Total Carbohydrate	67.579 gm	22.526%
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Dietary Fiber	5.540 gm	22.158%
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Total Sugars	34.011 gm	
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Includes 0.930 gm of Added Sugars		
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Protein	5.699 gm	11.399%
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Vitamin A	N/A* mcg RAE	
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Vitamin C	0.000* mg	
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Vitamin D	0.930 mcg	4.652%
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Calcium	111.383 mg	11.138%
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Iron	8.088 mg	44.931%
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Potassium	548.647 mg	11.673%
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Saturated Fat % of Calories	1.473 %	
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Added Sugar % of Calories	1.188 %	
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* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Whole Grain-Rich	1.5 oz

Added Sugar Limitations

✔ Meets Added Sugar Guidelines for Breakfast Cereal.

Vendors

General Mills 

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