

North Syracuse Central School District

K-12 Cereals - Whole Grain 2025/2026 School Year



All Cereals are in Self-Serve Bowls

*Per General Mills, may be cross-contaminated

| Recipe or Ingredient | Carb | Sugar | | | | | | | |
|----------------------------------|---------|---------|-------------------|------|-----|-----|-----|-------------|------|
| Item | (grams) | (grams) | Dye's | Milk | Egg | Soy | Nut | Wheat | Corn |
| Apple Jacks | 24 | 6 | Red, Blue, Yellow | | | | | X | X |
| Cheerios, Apple Cinnamon | 22 | 6 | | | | | | Gluten-Free | X |
| Cheerios, Original | 21 | 1 | | | | | | Gluten-Free | X |
| Cheerios, Honey | 22 | 6 | | | | | | Gluten-Free | X |
| Cheerios, Multi-Grain | 23 | 6 | | | | | | Gluten-Free | X |
| Chex, Cinnamon | 23 | 6 | | | | | | Gluten-Free | |
| Chex, Rice | 24 | 2 | | | | | | Gluten-Free | |
| Cinnamon Toast Crunch | 22 | 6 | | | | X | | X | |
| Cocoa Puffs | 25 | 6 | | | | | | * | X |
| Froot Loops | 24 | 6 | Red, Blue, Yellow | | | | | X | X |
| Golden Grahams | 23 | 6 | | | | | | X | X |
| Strawberry/Banana Smoothie Loops | 23 | 7 | | | | | | X | X |
| Lucky Charms** | 22 | 6 | Red, Blue, Yellow | | | | | Gluten-Free | X |
| Mini-Wheats, Frosted | 24 | 6 | | | | | | X | |
| Trix | 23 | 6 | | | | | | * | X |

DD 4/2026

*Per General Mills, may have cross-contact with gluten containing ingredients

** Contains pork gelatin