

CELEBRATE



NATIONAL



DAY



Check out our simple but delicious cereal recipe collection and other tools at www.generalmills.com to get your students excited about cereal!




TABLE *of* CONTENTS

Reese's™ Puffs™ Popcorn	2
ChocoPeanut Mania	4
Breakfast at Midnight	6
No Man is an Island Parfait.....	8
PB and J Cereal Bars	10
Cheerios® Cocoa Puffs® Pretzel Peanut Butter Bars.....	12
Lucky Charms® Cereal Bars	14
Mega Mix	16
Gluten-Free German Chocolate Bark	18
Gluten-Free Soft Pumpkin Granola Bites	20
Gluten-Free Banana Blueberry Chocolate Chip Breakfast Bar.....	22



REESE'S™ PUFFS™ POPCORN (36 SERVINGS)

INGREDIENTS

WEIGHT

MEASURE

Sugar Slurry

Corn syrup, light	9 oz	¾ cup
Butter, unsalted, softened	2 oz	¼ cup
Water, cold (approx. 50°F)		2 tsp
Sugar, powdered	1 lb 1.5 oz	2½ cup
Peanut Butter, creamy		2 Tbsp
Reese's™ Puffs™ Bulkpak Cereal (13255), finely ground	3 oz	1 cup

Finishing

Popcorn, popped with oil, unbuttered	5 oz	4½ qts
Reese's™ Puffs™ Bulkpak Cereal (13255), finely ground	6 oz	2 cups

See preparation and directions below.

REESE'S™ PUFFS™ POPCORN (36 SERVINGS)

DIRECTIONS

Prepare Pans

1. Spray large metal mixing bowl, full sheet pan and rubber spatula generously with non-stick spray; set aside.

Sugar Slurry

1. **Add** corn syrup, butter, water and powdered sugar to medium heavy-bottomed sauce pan.
2. **Stir** over high heat until butter is melted and ingredients are combined.
3. **Bring** mixture to a boil; DO NOT STIR - allow mixture to reach 300°F and immediately turn off heat.
4. **Add** peanut butter to the sauce pan; stir.

Finishing

1. **Add** popcorn and whole Reese's Puffs Cereal to greased mixing bowl.
2. **Pour** slurry mixture over popcorn; fold to coat and combine using greased rubber spatula; mix in crushed Reese's Puffs Cereal and combine.
3. **Spread** coated popcorn in a single layer onto a well-greased, full-sheet pan; allow to cool completely before breaking popcorn into individual kernel pieces.
4. **Store** pieces in a tightly covered, rigid container in a cool, dark space.
DO NOT REFRIGERATE.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: ½ cup Calories: 130; Calories from Fat: 35; Total Fat: 3 ½g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 25mg; Total Carbohydrate: 24g; Dietary Fiber: 0g; Sugars: 16g; Protein: 0g; % Daily Value*: Vitamin A: 0%; Vitamin C: 0%; Calcium: 0%; Iron: 4%;

Exchanges: 0 Starch; 0 Fruit; 1 ½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; ½ Fat;

Carbohydrate Choices: 1 ½ *Percent Daily Values are based on a 2,000 calorie diet.



CHOCOPEANUT MANIA (156 SERVINGS)

INGREDIENTS

WEIGHT

MEASURE

Cocoa Puffs™ Bulkpak Cereal (11999)	1 lb	4 quarts
Reese's® Puffs® Bulkpak Cereal (13255)	1 lb	4 quarts
Peanuts, roasted	1 lb 14 oz	6 cups
Chocolate chips, semisweet	2 lb 4 oz	6 cups
Peanut butter chips	2 lb 4 oz	6 cups
Marshmallows, miniature	1 lb	9 cups

*Reese's Puffs®
and Cocoa Puffs®
cereals team up with
chocolate and peanut
butter chips, peanuts
and mini marshmallows
in an irresistible
snack mix*

See preparation and directions below.

CHOCOPEANUT MANIA (156 SERVINGS)

DIRECTIONS

1. **Mix** all ingredients gently in large mixing bowl.
2. **Fill** bulk dispenser, or scoop into plastic food-storage bags, and seal.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Serving Calories: 140; Calories from Fat: 60; Total Fat: 7g; Saturated Fat: 2g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 75mg; Total Carbohydrate: 16g; Dietary Fiber: 1g; Sugars: 10g; Protein 2g;

% Daily Value*: Vitamin A: 2%; Vitamin C: 2%; Calcium: 2%; Iron: 8%;

Exchanges: ½ Starch; 0 Fruit; ½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1½ Fat;

Carbohydrate Choices: 1

*Percent Daily Values are based on a 2,000 calorie diet.



BREAKFAST AT MIDNIGHT (54 SERVINGS)

INGREDIENTS

WEIGHT MEASURE

Cookie Crisp® Bulkpak Cereal (18791)	1 lb 6 oz	4 quarts + 2 cups
Reese's® Puffs® Bulkpak Cereal (13255)	1 lb 4 oz	4 quarts + 2 cups
Cocoa Puffs™ Bulkpak Cereal (11999)	1 lb 7 oz	4 quarts + 2 cups

Three sweet, crunchy cereals combine for a crispy snack, great any time of the day!

See preparation and directions below.

BREAKFAST AT MIDNIGHT (54 SERVINGS)

DIRECTIONS

1. **Mix** cereals gently in large mixing bowl.
2. **Fill** bulk dispenser, or scoop into plastic food-storage bags, and seal.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Serving Calories: 140; Calories from Fat: 20; Total Fat: 2g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 180mg; Total Carbohydrate: 28g; Dietary Fiber: 1g; Sugars: 12g; Protein 1g;

% Daily Value*: Vitamin A: 15%; Vitamin C: 15%; Calcium: 8%; Iron: 30%;

Exchanges: ½ Starch; 0 Fruit; 1½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; ½ Fat;

Carbohydrate Choices: 2

*Percent Daily Values are based on a 2,000 calorie diet.



NO MAN IS AN ISLAND PARFAIT (12 SERVINGS)

INGREDIENTS

WEIGHT**MEASURE**

Mango, frozen, thawed

1 lb 2 oz

3½ cups

Yoplait® ParfaitPro®

Lowfat Vanilla Yogurt (16632)

3 lb 12 oz

7½ cups

Trix™ Bulkpak Cereal (11963)

6 oz

6 cups

Trix® cereal adds a colorful crunch to a fruity mango parfait with creamy Yoplait® yogurt.

See preparation and directions below.

NO MAN IS AN ISLAND PARFAIT (12 SERVINGS)

DIRECTIONS

1. Place 1½ oz mango on bottom of 9 oz cup and pipe 5 oz yogurt.
2. Top with ½ oz Trix cereal and serve.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 parfait Calories: 210; Calories from Fat: 15; Total Fat: 2g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 150mg; Total Carbohydrate: 43g; Dietary Fiber: 1g; Sugars: 28g; Protein 5g;

% Daily Value*: Vitamin A: 25%; Vitamin C: 30%; Calcium: 15%; Iron: 10%; Exchanges: ½ Starch; ½ Fruit; 2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; ½ Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; ½ Fat;

Carbohydrate Choices: 3

*Percent Daily Values are based on a 2,000 calorie diet.



PB AND J CEREAL BARS (30 SERVINGS)

INGREDIENTS

WEIGHT**MEASURE**

Cereal Mixture

Trix™ Bulkpak Cereal (11963)

9 oz

9 cups

Reese's® Puffs® Bulkpak Cereal (13255)

9 oz

9 cups

Peanut Butter Mixture

Peanut Butter, creamy

14 oz

1½ cup

Corn syrup, light

12 oz

1 cup

Marshmallows, miniature

4 oz

2¼ cup

Sugar, granulated

6 oz

¾ cup

Finishing

Trix™ Bulkpak Cereal (11963)

3 oz

3 cups

See preparation and directions below.

PB AND J CEREAL BARS (30 SERVINGS)

DIRECTIONS

1. **Spray** large mixing bowl with cooking spray; add cereals and set aside.
2. **Heat** peanut butter, corn syrup, marshmallows, and sugar over medium heat in heavy-bottom saucepan, stirring constantly until marshmallows are melted and smooth. Allow mixture to cool slightly.
3. **Pour** peanut butter mixture over cereal, and mix well to coat.
4. **Press** mixture evenly into lightly greased hotel pan. Note: Place a piece of parchment paper on top of the mixture, and press with rolling pin to assist.
5. **Sprinkle** remaining 3 cups Trix cereal on top of bars while still warm, and press gently.
6. **Cool** completely before portioning.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

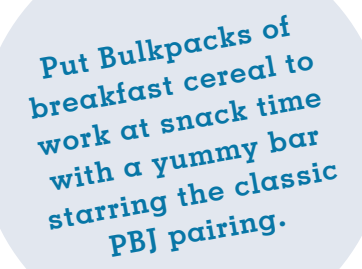
Serving Size: 1 Serving Calories: 240; Calories from Fat: 70; Total Fat: 7g; Saturated Fat: 1½ g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 210mg; Total Carbohydrate: 40g; Dietary Fiber: 1g; Sugars: 27g; Protein 4g;

% Daily Value*: Vitamin A: 8%; Vitamin C: 8%; Calcium: 8%; Iron: 20%;

Exchanges: 1 Starch; 0 Fruit; 1½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1½ Fat;

Carbohydrate Choices: 2½

*Percent Daily Values are based on a 2,000 calorie diet.



Put Bulkpacks of
breakfast cereal to
work at snack time
with a yummy bar
starring the classic
PBJ pairing.



CHEERIOS® COCOA PUFFS® PRETZEL PEANUT BUTTER BARS (64 SERVINGS)

INGREDIENTS

WEIGHT

MEASURE

Cereal Mixture

Cheerios™ Bulkpak Cereal (11977)

14.5 oz

½ bag

Cocoa Puffs™ Bulkpak Cereal (11999)

17.5 oz

½ bag

Pretzel sticks, broken

11.5 oz

4 cups

Syrup Mixture

Corn syrup, light

3 lb

4 cups

Sugar, granulated

1 lb 8 oz

3 cups

Peanut butter, creamy

3 lb

5¼ cups

*Crunchy oat and
yummy cocoa
cereals combine in
a chewy, sweet
snack bar.*

See preparation and directions below.

CHEERIOS® COCOA PUFFS® PRETZEL PEANUT BUTTER BARS (64 SERVINGS)

DIRECTIONS

1. Spray large mixing bowl with cooking spray.
2. Add both cereals and pretzel sticks to mixing bowl. Set aside.
3. Heat corn syrup, sugar and peanut butter in heavy-bottom large saucepan over medium heat, stirring constantly, until mixture boils and is smooth. Remove from heat.
4. Pour mixture over cereal, and mix well to coat.
5. Press mixture into greased full sheet pan. Note: Place a piece of parchment paper on top of mixture, and press with a rolling pin to assist.
6. Cool at room temperature approximately 1 hour before portioning.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Serving Calories: 320; Calories from Fat: 100; Total Fat: 12g; Saturated Fat: 2½ g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 260mg; Total Carbohydrate: 47g; Dietary Fiber: 2g; Sugars: 25g; Protein 7g;

% Daily Value*: Vitamin A: 2%; Vitamin C: 2%; Calcium: 6%; Iron: 20%;

Exchanges: 1 Starch; 0 Fruit; 2 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; ½ High-Fat Meat; 1½ Fat;

Carbohydrate Choices: 3

*Percent Daily Values are based on a 2,000 calorie diet.



LUCKY CHARMS™ CEREAL BARS (64 SERVINGS)

INGREDIENTS

WEIGHT**MEASURE**

Lucky Charms™ Bulkpak Cereal (11998)

2 lb 3 oz

1 bag

Butter, unsalted

1 lb

2 cups

Marshmallows, miniature

3 lb

6 quarts + 3 cups

Colorful
cereal and mini
marshmallows
make a chewy
snack bar even
more fun!

See preparation and directions below.

LUCKY CHARMS™ CEREAL BARS (64 SERVINGS)

DIRECTIONS

1. **Spray** large mixing bowl with cooking spray. Add cereal, and set aside.
2. **Heat** butter and marshmallows in heavy-bottom large saucepan over medium heat until marshmallows have melted and mixture is smooth, stirring constantly. Remove from heat.
3. **Pour** marshmallow mixture over cereal, and mix well to coat.
4. **Press** mixture into greased full sheet pan. Note: Place a piece of parchment paper on top of mixture, and press with rolling pin to assist.
5. **Cool** at room temperature approximately 1 hour before portioning.

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Serving Calories: 180; Calories from Fat: 60; Total Fat: 6g; Saturated Fat: 4g; Trans Fat: 0g; Cholesterol: 15mg; Sodium: 170mg; Total Carbohydrate: 30g; Dietary Fiber: 0g; Sugars: 18g; Protein 2g;

% Daily Value*: Vitamin A: 10%; Vitamin C: 2%; Calcium: 6%; Iron: 15%;

Exchanges: ½ Starch; 0 Fruit; 1½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 Fat;

Carbohydrate Choices: 2

*Percent Daily Values are based on a 2,000 calorie diet.



MEGA MIX (52 SERVINGS)

INGREDIENTS	WEIGHT	MEASURE
Cheerios™ Bulpak Cereal (11977)	8 oz	7.5 cups
Honey Nut Cheerios™ Bulpak Cereal (11988)	10 oz	7.5 cups
Cinnamon Toast Crunch™ Bulpak Cereal (11813)	11 oz	7.5 cups
Lucky Charms™ Bulpak Cereal (11998)	10 oz	7.5 cups
Trix™ Bulpak Cereal (11963)	9 oz	7.5 cups
Golden Grahams® Bulpak Cereal (11989)	11 oz	7.5 cups
Cocoa Puffs™ Bulpak Cereal (11999)	10 oz	7.5 cups

See preparation and directions below.

MEGA MIX (52 SERVINGS)

DIRECTIONS

1. **Mix** cereals gently in large mixing bowl.
2. **Fill** bulk dispenser, or scoop into plastic food-storage bags, and seal.

NUTRITION

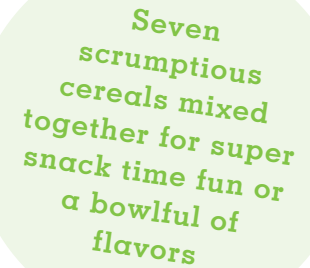
Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Serving Calories: 150; Calories from Fat: 20; Total Fat: 2g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 220mg; Total Carbohydrate: 31g; Dietary Fiber: 2g; Sugars: 11g; Protein 2g;

% Daily Value*: Vitamin A: 15%; Vitamin C: 15%; Calcium: 15%; Iron: 35%;
Exchanges: ½ Starch; 0 Fruit; 1½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; ½ Fat;

Carbohydrate Choices: 2

*Percent Daily Values are based on a 2,000 calorie diet.



Seven
scrumptious
cereals mixed
together for super
snack time fun or
a bowlful of
flavors



GLUTEN-FREE GERMAN CHOCOLATE BARK (29 SERVINGS)

INGREDIENTS

WEIGHT

MEASURE

Cereal Mixture

Chocolate Chex™ Bulkpak Cereal (38391)	9 oz	9 cups
Coconut, sweetened, shredded	9 oz	2¾ cups
Chocolate chips, semi-sweet (1000 count)	9 oz	1½ cups
Pecans, finely chopped	8 oz	2 cups
Milk, sweetened, condensed	14 oz	1¼ cups

Assembly and Topping

Chocolate chips, semi-sweet, divided (1000 count)	1 lb	2½ cups
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See preparation and directions below.

**Gluten
FREE**

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 2 oz Calories: 320; Calories from Fat: 160; Total Fat: 18g; Saturated Fat: 8g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 100mg; Total Carbohydrate: 35g; Dietary Fiber: 3g; Sugars: 27g; Protein 3g;

% Daily Value*: Vitamin A: 4%; Vitamin C: 0%; Calcium: 8%; Iron: 20%;

Exchanges: 1 Starch; 0 Fruit; 1½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 3½ Fat;

Carbohydrate Choices: 2

*Percent Daily Values are based on a 2,000 calorie diet.

Mouthwatering melted chocolate over crisp Chex™ cereal, pecans and coconut is a sweet treat that's gluten-free.

GLUTEN-FREE GERMAN CHOCOLATE BARK (29 SERVINGS)

DIRECTIONS

1. Combine cereal, coconut, chocolate chips and pecans in a large mixing bowl. Stir together.
2. Drizzle condensed milk over cereal mixture; mix using a rubber spatula.
3. Spray a parchment lined full sheet-pan.
4. Spread cereal mixture in sheet pan with minimum gaps.

Bake

Convection Oven*	300°F	9-12 minutes
Standard Oven	350°F	14-17 minutes

**Rotate pans baked in convection oven one-half turn (180°) after 4 minutes of baking.*

Assembly and Topping

1. Invert completely cooled cereal mixture over onto another sheet pan carefully. Remove parchment paper.
2. Place 12 oz chocolate chips in microwavable bowl; microwave, uncovered, on high for 20 seconds. Repeat this until chocolate is melted.
3. Spread melted chocolate in an even, thin layer over cereal mixture; chill until firm.
4. Invert chilled cereal mixture so chocolate layer is on the bottom.
5. Melt the remaining 4 oz chocolate chips using the same method from step 2; drizzle on top of cereal mixture layer.
6. Chill until firm; break into pieces.



GLUTEN-FREE SOFT PUMPKIN GRANOLA BITES (106 SERVINGS)

INGREDIENTS

WEIGHT

MEASURE

Cheerios™ Bulkpak Cereal (11977)	12 oz	12 cups
Sugar, brown, packed	7 oz	1 cup
Pumpkin pie spice		1 Tbsp
Coconut, unsweetened, flakes	3 oz	1 cup
Pecans, toasted	1 lb	4 cups
Pumpkin, canned	1 lb	2 cups
Honey	1 lb 8 oz	2½ cups
Vanilla extract, pure		1 Tbsp

Blend the irresistible flavors of pumpkin pie with coconut, honey and pecans in bite-size, gluten-free, grab-and-go granola bars.

See preparation and directions below.

**Gluten
FREE**

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Piece Calories: 80; Calories from Fat: 35; Total Fat: 4g; Saturated Fat: ½g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 15mg; Total Carbohydrate: 11g; Dietary Fiber: 1g; Sugars: 8g; Protein 1g;

% Daily Value*: Vitamin A: 15%; Vitamin C: 0%; Calcium: 0%; Iron: 6%;

Exchanges: 0 Starch; 0 Fruit; ½ Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1 Fat;

Carbohydrate Choices: 1

*Percent Daily Values are based on a 2,000 calorie diet.

GLUTEN-FREE SOFT PUMPKIN GRANOLA BITES (106 SERVINGS)

DIRECTIONS

Cake

1. **Mix** cereal, brown sugar, spices, coconut and pecans in a mixing bowl.
2. **Add** pumpkin, honey and vanilla to cereal mixture and mix using a rubber spatula.
3. **Pack** firmly in #40 rounded scoop and deposit onto sprayed parchment lined full sheet pan.

Bake

Convection Oven* 300°F 8-13 minutes
Standard Oven 350°F 11-16 minutes

**Rotate pans baked in convection oven one-half turn (180°) after 4 minutes of baking.*

Finishing

1. **Serve** granola bites warm or at room temperature.



GLUTEN-FREE BANANA BLUEBERRY CHOCOLATE CHIP BREAKFAST BAR (32 SERVINGS)

INGREDIENTS	WEIGHT	MEASURE
Cheerios™ Bulkpak Cereal, gluten-free (11977)	2 lb	32 cups
Cinnamon, ground		3 Tbsp
Baking powder, gluten-free		¼ cup
Chocolate chips, semisweet	1 lb	2¾ cups
Salt, Kosher		½ tsp
Eggs, whole	12 oz	6 each
Bananas, mashed	1 lb 12 oz	2¼ cups
Applesauce, canned	1 lb 2 oz	2 cups
Milk, 1%	1 lb	2 cups
Vanilla extract, pure		2 Tbsp
Blueberries, IQF	1 lb 4 oz	4 cups

See preparation and directions below.

Gluten FREE

NUTRITION

Nutrition values are calculated using the weights of ingredients.

Serving Size: 1 Bar Calories: 260; Calories from Fat: 70; Total Fat: 8g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 40mg; Sodium: 380mg; Total Carbohydrate: 41g; Dietary Fiber: 5g; Sugars: 16g; Protein 5g;

% Daily Value*: Vitamin A: 10%; Vitamin C: 8%; Calcium: 25%; Iron: 50%;

Exchanges: 1½ Starch; 0 Fruit; 1 Other Carbohydrate; 0 Skim Milk; 0 Low-Fat Milk; 0 Milk; 0 Vegetable; 0 Very Lean Meat; 0 Lean Meat; 0 High-Fat Meat; 1½ Fat;

Carbohydrate Choices: 3

*Percent Daily Values are based on a 2,000 calorie diet.

GLUTEN-FREE BANANA BLUEBERRY CHOCOLATE CHIP BREAKFAST BAR (32 SERVINGS)

DIRECTIONS

1. Place Cheerios in a food processor 8 oz at a time. Grind until fine, and place into large mixing bowl.
2. Add cinnamon, baking powder, chocolate chips and salt and stir together.
3. Add eggs, bananas, applesauce, milk and vanilla to a separate large mixing bowl. Mix together with a wire whisk.
4. Add blueberries to banana mixture and fold.
5. Fold cereal mixture into banana mixture until combined.
6. Spread into sprayed 2-inch full hotel pan.

Bake

Convection Oven*	300°F	31-36 minutes
Standard Oven	350°F	38-43 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 16 minutes of baking.

Tip: Serve warm. Additional blueberries and chocolate chips may be sprinkled on top of bar before baking.



For more recipes and ideas visit

<https://www.generalmillscf.com/industries/college-and-university>