



Cheerios(R), Bowlpak



Gluten Free. 1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. Contains no artificial flavors. Deeper bowl.

Product Last Saved Date:13 May 2018

Nutrition Facts

96 Servings per container

Serving Size 1 Bowl (28g)

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 2 g 3%

Saturated Fat .5 g 3%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 140 mg 6%

Total Carbohydrate 20 g 7%

Dietary Fiber 3 g 11%

Total Sugars 1 g

Includes g Added Sugars %

Protein 3 g

Vitamin D mg 10%

Calcium 0 mg 10%

Iron 0 mg 45%

Potassium 180 mg 5%

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

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
16000-32262	390808	10016000322629	96 X 1 ONZ	

Brand	Brand Owner	GPC Description
Cheerios(R)	General Mills Inc.	Cereals Products – Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.8 LBR	6 LBR	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.75 INH	13 INH	18.62 INH	2.3464 FTQ	9x5	312 Days	32 FAH / 95 FAH

Ingredients :

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness, Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - NI	Milk - NI	Peanuts - NI
Soy - NI	Wheat - NI	TreeNuts - NI
Fish - NI	Crustacean - NI	

Handling Suggestions :

Store in cool dry location

Benefits :

1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. Contains no artificial flavors. Deeper bowl.

Serving Suggestions :

Great for use in K-12 schools, hospital patient dining and retirement/longterm care facilities.

Prep & Cooking Suggestions :

Ready to eat dry cereal in a portable, easy-to-serve bowl.

More Information :