



Multigrain Cheerios(R), Bowlpak



Whole Grain Oats- First ingredients. Whole grain oats, corn, and rice, lightly sweetened. Provides 10 vitamins and minerals per 28g serving. No Colors From Artificial Sources & No Artificial Flavors. Whole Grain. 1 oz Eq. Grain.

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 1 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 110 mg 5%

Total Carbohydrate 23 g 8%

Dietary Fiber 3 g 10%

Total Sugars 6 g

Includes g Added Sugars %

Protein 2 g

Vitamin D mg 8%

Calcium 0 mg 8%

Iron 0 mg 90%

Potassium 115 mg 3%

*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
16000-32263	390876	10016000322636	96 X 1 ONZ	

Brand	Brand Owner	GPC Description
MultiGrain 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	TlxHl	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, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color and annatto extract), Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), 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 :

Whole Grain Oats- First ingredients. Whole grain oats, corn, and rice, lightly sweetened. Provides 10 vitamins and minerals per 28g serving. No Colors From Artificial Sources & No Artificial Flavors. Whole Grain. 1 oz Eq. Grain.

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 :