

- Honey Cheerios Gluten Free Cereal Single Serve Cup 60/2 OZ

Made with real honey, our gluten-free Honey Cheerios bring a delicious choice to your school menu. Each 2 oz single serve cup leaves room for milk, ideal for classroom breakfasts or grab 'n go meals. With whole grain oats as the first ingredient, 40g whole grain per serving (at least 48g recommended daily). This cereal meets USDA Child Nutrition Programs standards and CACFP ...



MARKETING

K-12 Regulation Ready. 2 oz Equivalent Grain. Smart Snack Entrée Exempt. CACFP Eligible.. Features gluten-free whole grain cereal with real honey, designed for easy portion control.. Comes in branded 2 oz single-serve cups, 60 per case for efficient classroom use and grab 'n go service.. Made with real honey, whole grain-rich in a convenient format.. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Kosher pareve compliant.

Nutrition Facts

60 Servings per container

Serving Size 1 container (56g)

Amount Per Serving
Calories **210**

% Daily Value*

Total Fat 3 **4%**

Saturated Fat 0.5 g **3%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 340 mg **15%**

Total Carbohydrates 44 g **16%**

Dietary Fiber 5 g **17%**

Total Sugars 12 g

Includes 12 g Added Sugars **24%**

Protein 6 g

Vitamin D 5.3 mcg 25%

Calcium 170 mg 10%

Iron 4.8 mg 25%

Potassium 260 mg 6%

* 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

Code	Dist Prod Code	GTIN	Calculated Pack			
18448000	057768	10016000184487	60/2 OZ			
Brand	Brand Owner	GPC Description				
Cheerios	GENERAL MILLS SALES INC.	Cereals Products - Ready to Eat (Shelf Stable)				
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
12.000 LBR	7.500 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.500 INH	12.250 INH	23.000 INH	2.69000 FTQ	9x4	312 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code	Regulatory Act	Trade Item Regulation Compliant	Regulation Restrictions and Descriptors			
BUY_AMERICAN_PROVISION_USDA	N/A	TRUE	N/A			

HANDLING SUGGESTIONS

Keep in a cool, dry place

ALLERGENS

C = 'Contains'; MC = 'May Contain'; N = 'Free From'; UN = 'Undeclared'; INII = 'Intentionally nor Inherently Included'; 50 = 'Derived from Ingredients'; 60 = 'Not Derived From Ingredients'; NI = 'No Info'

- Milk - INII
- Eggs - INII
- Soybean - INII
- Wheat - INII
- Sesame - INII
- Pine Nuts - INII
- Cashews - INII
- Macadamia Nuts - INII
- Coconuts - INII
- Brazil Nuts - INII
- Walnuts - INII
- X99 - UN
- Peanuts - INII
- Tree - INII
- Fish - INII
- Shellfish - NI
- Crustaceans - INII
- Almonds - INII
- Hazelnuts - INII
- Chestnuts - INII
- Pecan Nuts - INII
- Pistachios - INII
- Molluscs - INII

INGREDIENTS

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

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PREPARATION & COOKING SUGGESTIONS

Ready to eat



SERVING SUGGESTIONS

One Cup



MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	380.292
Protein	10.46 g
Total Carbohydrates	78.248 g
Sugars	21.756 g
Dietary Fiber	8.706 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	5.726
Trans Fat	0.006 g
Saturated Fat	1.309 g
Added Sugars	21.026 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	9.524 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	602.15 mg
Calcium	357.143 mg
Iron	9.524 mg
Potassium	466.746 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



IRON	EXCELLENT_SOURCE_OF	TRANS_FAT	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
CHOLESTEROL	LOW	ARTIFICIAL_FLAVOUR	FREE_FROM	FAT	LOW
SATURATED_FAT	LOW	GLUTEN	FREE_FROM	MSG	FREE_FROM
ENERGY	SOURCE_OF	IRON	GOOD_SOURCE_OF	WHOLE_GRAIN	EXCELLENT_SOURCE_OF
PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	WHOLE_GRAIN	CONTAINS	VITAMIN_D	EXCELLENT_SOURCE_OF
CHOLESTEROL	FREE_FROM	VEGETARIAN	YES	KOSHER	YES
FREE_FROM_GLUTEN	YES				

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