

- Multigrain Cheerios Gluten Free Cereal Single Serve Bowlpak...

Indulge in the delicious goodness of Multigrain Cheerios, a lightly sweetened, whole grain oat cereal that's gluten-free. Perfect for part of breakfast or grab 'n go snacks. Served in single serve bowls, providing convenient portion control and room for milk. Meets USDA Child Nutrition Programs' whole grain-rich criteria. With 96 bowls per case, it's ideal for K-12 schools and ...



MARKETING

K-12 Regulation Ready. 1 oz Equivalent Grain. Smart Snacks Compliant. CACFP Eligible.. Single serve bowl provides convenient portion control and room for milk.. Case contains 96 units, each unit is a 1 oz bowlpak.. Lightly sweetened cereal. No artificial flavors. Gluten-free. No certified colors.. No high fructose corn syrup. Made without gelatin. Kosher pareve compliant.

Nutrition Facts

96 Servings per container

Serving Size 1 bowl (28g)

Amount Per Serving
Calories 100

% Daily Value*

Total Fat 1 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 110 mg 5%

Total Carbohydrates 23 g 8%

Dietary Fiber 2 g 8%

Total Sugars 6 g

Includes 6 g Added Sugars 11%

Protein 2 g

Vitamin D 2.8 mcg 10%

Calcium 140 mg 10%

Iron 12.9 mg 70%

Potassium 140 mg 2%

* 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			
32263000	058702	10016000322636	96/1 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	
9.800 LBR	6.000 LBR	No	United States	Yes	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.750 INH	13.000 INH	18.620 INH	2.34600 FTQ	9x5	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 - NI
- Fish - INII
- Shellfish - NI
- Crustaceans - INII
- Almonds - INII
- Hazelnuts - INII
- Chestnuts - INII
- Pecan Nuts - INII
- Pistachios - INII
- Molluscs - INII

INGREDIENTS

Whole Grain Oats, Whole Grain Corn, Sugar, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Salt, Color (fruit juice, annatto extract), Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), A B Vitamin (calcium pantothenate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin A (palmitate), Vitamin D3.

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PREPARATION & COOKING SUGGESTIONS

Ready to eat

SERVING SUGGESTIONS

One Bowlpak

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	370.238
Protein	8.502 g
Total Carbohydrates	80.829 g
Sugars	21.174 g
Dietary Fiber	8.036 g
Lactose	
Sucrose	
Vitamin A (IU)	214.285
Vitamin A (RE)	214.285
Vitamin C	22.464 mg
Magnesium	
Monosodium	

Total Fat	4.412
Trans Fat	0.002 g
Saturated Fat	0.891 g
Added Sugars	20.108 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	10 mcg
Vitamin E	
Folate	1025 mcg
Vitamin B-6	4.357 mg
Sulphites	

Sodium	392.054 mg
Calcium	500 mg
Iron	46.071 mg
Potassium	483.977 mg
Zinc	28.214 mg
Phosphorus	
Thiamin	3.071 mg
Niacin	41.035 mg
Riboflavin	3.321 mg
Vitamin B-12	6.142 mcg
Nitrates	

NUTRITIONAL CLAIMS

ARTIFICIAL_FLAVOUR	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	VITAMIN_D	GOOD_SOURCE_OF
SATURATED_FAT	FREE_FROM	CHOLESTEROL	LOW	CALCIUM	GOOD_SOURCE_OF
CHOLESTEROL	FREE_FROM	GLUTEN	FREE_FROM	WHOLE_GRAIN	EXCELLENT_SOURCE_OF
WHOLE_GRAIN	CONTAINS	IRON	EXCELLENT_SOURCE_OF	TRANS_FAT	FREE_FROM
ARTIFICIAL_SWEETENERS	FREE_FROM	IRON	GOOD_SOURCE_OF	KOSHER	YES
FREE_FROM_GLUTEN	YES	VEGETARIAN	YES		

MORE IMAGES

