

## - Nature Valley Frozen Meals Oatmeal Round Single Serve Pouch...

Nature Valley Frozen Soft Oatmeal Round Apple Cinnamon features soft-baked bar with oats, cinnamon chips, and apple puree. Individually wrapped for heat & serve or thaw & serve, perfect for cafeteria or classroom. Each 2 oz. package meets the whole grain-rich criteria with 32g whole grains (at least 48g recommended daily). Comes in a case of 72.



### MARKETING

2 oz Equivalent Grain. Smart Snack Entrée Exempt. K-12 Regulation Ready. Individually wrapped for heat & serve or thaw & serve. Approximately 2.32 oz each, packed 72 per case. Made with oats, apple puree & cinnamon chips, no artificial flavors, no certified colors. Vegetarian, whole grain-rich, no high fructose corn syrup.

## Nutrition Facts

72 Servings per container

**Serving Size** 1 round (65g)

**Amount Per Serving**  
**Calories** **270**

% Daily Value\*

**Total Fat** 12 **15%**

Saturated Fat 5 g **24%**

Trans Fat 0 g

**Cholesterol** 5 mg **1%**

**Sodium** 230 mg **10%**

**Total Carbohydrates** 38 g **14%**

Dietary Fiber 5 g **19%**

Total Sugars 13 g

Includes 10 g Added Sugars **21%**

**Protein** 4 g

Vitamin D 0 mcg 0%

Calcium 30 mg 2%

Iron 1.5 mg 8%

Potassium 140 mg 4%

\* 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			
17365000	207952	10016000173658	72/2.32 OZ			
Brand	Brand Owner		GPC Description			
Nature Valley	GENERAL MILLS SALES INC.		Cereal/Muesli Bars			
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition	
12.000 LBR	10.440 LBR	No	United States	Undeclared	No	
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
12.430 INH	8.930 INH	11.120 INH	0.71400 FTQ	16x6	252 Days	0 FAH / 10 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 FROZEN

### 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 - C
- Eggs - C
- Soybean - C
- Wheat - C
- Sesame - INII
- Pine Nuts - INII
- Cashews - INII
- Macadamia Nuts - INII
- Coconuts - INII
- Brazil Nuts - INII
- Walnuts - INII
- 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 Wheat Flour, Apple Puree Concentrate, Sugar, Palm Oil, Cinnamon Chips (sugar, palm and/or palm kernel oil, cinnamon, nonfat milk, soy lecithin), Canola Oil, Soluble Corn Fiber. Contains 2% or less of: Molasses, Water, Leavening (sodium aluminum phosphate, baking soda), Salt, Oat Fiber, Cinnamon, Dried Egg, Natural Flavor.

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### PREPARATION & COOKING SUGGESTIONS

2 WAYS TO PREP 1. Heat & Serve: Heat frozen Oatmeal Rounds in ovenable pouch Preheat oven to 350°F. Place pouches flat on baking sheet and heat per chart below: Convection Oven 7-9 minutes\* Conventional Oven 8-10 minutes\* Warming Unit: Preheat Warming Unit to 150°F. Place pouches flat on a baking sheet and heat for 60 minutes. 2. Thaw & Serve: Thaw at room temperature for 120 minutes prior to serving. \*DO NOT place pouches directly on oven rack or let pouches touch oven sides. Bake times will vary by oven type or load. Consume within 6 hours of preparing

### SERVING SUGGESTIONS

1 pouch

### MORE INFORMATION

### NUTRITIONAL ANALYSIS

Calories	415.434
Protein	6.795 g
Total Carbohydrates	58.371 g
Sugars	19.415 g
Dietary Fiber	8.403 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	17.884
Trans Fat	0.165 g
Saturated Fat	7.465 g
Added Sugars	15.986 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	3.598 mg
Vitamin D	0.018 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	358.884 mg
Calcium	40.991 mg
Iron	2.367 mg
Potassium	222.093 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS

ARTIFICIAL_SWEETENERS	FREE_FROM	TRANS_FAT	FREE_FROM	FIBRE	GOOD_SOURCE_OF
WHOLE_GRAIN	CONTAINS	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	ENERGY	SOURCE_OF
HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM	VEGETARIAN	YES

### MORE IMAGES

