

# 200791 - Lucky Charms Cereal Single Serve Bowlpak (96 ct) 1 oz

A frosted and toasted whole grain, gluten-free cereal with marshmallow pieces in a ready-to-eat bowl for convenient, single serve portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain and whole grain-rich criteria.



## MARKETING

A frosted and toasted whole grain, gluten-free cereal with marshmallow pieces.. 96 - 1 oz single serve branded bowls per case. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack.. No high fructose corn syrup.. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain standard and whole grain-rich criteria. Great for use in K-12 schools and healthcare.

## Nutrition Facts

96 Servings per container

**Serving Size** **1 bowl**

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**Amount Per Serving**

**Calories** **110**

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**% Daily Value\***

<b>Total Fat</b> 1	<b>1%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 170 mg	<b>8%</b>
<b>Total Carbohydrates</b> 23 g	<b>8%</b>
Dietary Fiber 2 g	<b>6%</b>
Total Sugars 9 g	
Includes 9 g Added Sugars	<b>18%</b>
<b>Protein</b> 2 g	

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Vitamin D	15%
Calcium	6%
Iron	15%
Potassium	0%

\* 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
31917000	200791	10016000319179	96/1 OZ

Brand	Brand Owner	GPC Description
Lucky Charms	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	6.00 LBR	No	United States	Undeclared	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

## 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'

- Milk - 30
- Eggs - 30
- Soy - 30
- Wheat - 30
- Sesame - 30
- Peanuts - 30
- Tree Nuts - 30
- Fish - 30
- Shellfish - NI

## SERVING SUGGESTIONS

One Bowlpak

## INGREDIENTS

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Modified Corn Starch, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural and Artificial 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.

## HANDLING SUGGESTIONS

Keep in a cool, dry place

## PREPARATION & COOKING SUGGESTIONS

Ready to eat

## MORE INFORMATION

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### NUTRITIONAL ANALYSIS



Calories	110
Protein	2 g
Total Carbohydrates	23 g
Sugars	9 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	9 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	170 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



ARTIFICIAL_SWEETENERS	FREE_FROM	IRON	EXCELLENT_SOURCE_OF	MSG	FREE_FROM
FAT	LOW	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	TRANS_FAT	FREE_FROM
WHOLE_GRAIN	EXCELLENT_SOURCE_OF	CHOLESTEROL	LOW	SATURATED_FAT	LOW
CHOLESTEROL	FREE_FROM	IRON	GOOD_SOURCE_OF	VITAMIN_D	EXCELLENT_SOURCE_OF
VITAMIN_D	GOOD_SOURCE_OF	ENERGY	SOURCE_OF	WHOLE_GRAIN	CONTAINS
CALCIUM	GOOD_SOURCE_OF	GLUTEN	FREE_FROM	FREE_FROM_GLUTEN	YES

### MORE IMAGES

