



MARKETING

25g Whole Grain per serving

Nutrition Facts

18 Servings per container

Serving Size1 1/4 CUP

Amount Per Serving

Calories180

% Daily Value*

Total Fat 2 g2%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 410 mg18%

Total Carbohydrates 44 g16%

Dietary Fiber 12 g41%

Total Sugars 10 g

Includes 9 g Added Sugars19%

Protein 6 g

Vitamin D 2 mcg10%

Calcium 30 mg2%

Iron 18 mg100%

Potassium 420 mg8%

* 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
71923-76241	908901	10071923762419	4 / / 35.0 Ounce

Brand	Brand Owner	GPC Description
HOSPITALITY	Gilster-Mary Lee Food Service	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
9.75 LBR	8.75 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
19.813 INH	10.563 INH	12.188 INH	1.476 FTQ	8x7	365 Days	50 FAH / 85 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 - N

Eggs - N

Soy - N

Wheat - C

Sesame - N

Peanuts - N

Tree Nuts - N

Fish - N

Shellfish - N

SERVING SUGGESTIONS

1 1/4 CUP

INGREDIENTS

WHOLE GRAIN WHEAT, WHEAT BRAN, SUGAR, BROWN SUGAR, SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, BARLEY MALT EXTRACT, IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID.BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

HANDLING SUGGESTIONS

DRY

PREPARATION & COOKING SUGGESTIONS

Add milk or enjoy right out of the Box

MORE INFORMATION



NUTRITIONAL ANALYSIS



Calories	180
Protein	6 g
Total Carbohydrates	44 g
Sugars	10 g
Dietary Fiber	12 g
Lactose	
Sucrose	
Vitamin A (IU)	230
Vitamin A (RE)	230
Vitamin C	23 mg
Magnesium	
Monosodium	

Total Fat	2 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	9 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Vitamin D	2 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	410 mg
Calcium	30 mg
Iron	18 mg
Potassium	420 mg
Zinc	
Phosphorus	
Thiamin	0.4 mg
Niacin	5 mg
Riboflavin	0.4 mg
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



TRANS_FAT	FREE_FROM
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KOSHER	YES
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