

# 200711 - Honey Cheerios(TM) Cereal Single Serve Bowlpak (96 ct...

Sweetened with a touch of real honey, whole grain cereal in ring shaped cereal in a bowlpak format. Gluten-free. Whole grain oats - first ingredient. In a ready-to-eat bowl for convenient, single serve portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.



## MARKETING

The classic toasted whole grain oat, gluten-free cereal.. 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.. Contains no artificial flavors and no colors from artificial sources.. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.

## 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> 1.5	<b>2%</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>7%</b>
<b>Total Carbohydrates</b> 22 g	<b>8%</b>
Dietary Fiber 2 g	<b>9%</b>
Total Sugars 6 g	
Includes 6 g Added Sugars	<b>12%</b>
<b>Protein</b> 3 g	

Vitamin D 2.6 mcg 10%

Calcium 80 mg 6%

Iron 2.4 mg 10%

Potassium 130 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
18447000	200711	10016000184470	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	6.00 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	Tlx/Hi	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

## HANDLING SUGGESTIONS

Keep in a cool, dry place

## SERVING SUGGESTIONS

One Bowlpak

## PREPARATION & COOKING SUGGESTIONS

Ready to eat

## 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.

## 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
- Soybean - 30
- Wheat - 30
- Sesame - 30
- Pine Nuts - 30
- Cashews - 30
- Macadamia Nuts - 30
- Coconuts - 30
- Brazil Nuts - 30
- Walnuts - 30
- X99 - UN
- Peanuts - 30
- Tree - 30
- Fish - 30
- Shellfish - NI
- Crustaceans - 30
- Almonds - 30
- Hazelnuts - 30
- Chestnuts - 30
- Pecan Nuts - 30
- Pistachios - 30
- Molluscs - 30

## MORE INFORMATION



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### NUTRITIONAL ANALYSIS



Calories	110
Protein	3 g
Total Carbohydrates	22 g
Sugars	6 g
Dietary Fiber	2 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	1.5
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	6 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	2.6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	170 mg
Calcium	80 mg
Iron	2.4 mg
Potassium	130 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

### NUTRITIONAL CLAIMS



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

### MORE IMAGES

