

200710 - Honey Cheerios(TM) Cereal Single Serve K12 2oz Eq Gra...



Enjoy Honey Cheerios, the sweetened with a touch of real honey, whole grain cereal in ring shaped cereal in a cup format that leaves room for milk. This ready-to-eat cup provides convenient single serve portion control and room for milk. Gluten-free. Whole Grain Oats—first ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack criteria and Gluten-Free.



MARKETING

Get real honey, natural flavor in Honey Cheerios gluten-free cereal.. Dry cereal comes in a branded, 2 oz, single serve cup - 60 per case.. This ready-to-eat cup provides convenient portion control and room for milk. Great for breakfast in the classroom, or as a grab 'n go item.. Gluten free, Kosher and gelatin free. Contains no artificial flavors and no colors from artificial sources.. For USDA Child Nutrition Programs: meets 2 ounce equivalent grain standard, whole grain rich criteria, and USDA Smart Snacks criteria.

Nutrition Facts

60 Servings per container
Serving Size 1 container (56g)

Amount Per Serving
Calories **210**

	% Daily Value*
Total Fat 3	4%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 340 mg	15%
Total Carbohydrates 44 g	16%
Dietary Fiber 5 g	17%
Total Sugars 12 g	
Includes 12 g Added Sugars	24%

Protein 6 g

Vitamin D 5.3 mcg	25%
Calcium 170 mg	10%
Iron 4.8 mg	25%
Potassium 260 mg	6%

* 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
18448000	200710	10016000184487	60/2 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
12.000 LBR	7.50 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.500 INH	12.250 INH	23.000 INH	2.69000 FTQ	9x4	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 Cup

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.

HANDLING SUGGESTIONS

Keep in a cool, dry place

PREPARATION & COOKING SUGGESTIONS

ready to eat

MORE INFORMATION

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NUTRITIONAL ANALYSIS

Calories	210
Protein	6 g
Total Carbohydrates	44 g
Sugars	12 g
Dietary Fiber	5 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	12 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	5.3 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	340 mg
Calcium	170 mg
Iron	4.8 mg
Potassium	260 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS

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

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