

202013 - Golden Grahams Cereal Single Serve Bowlpak 25% Less S...

Grab some delicious graham goodness with Golden Grahams Cereal. It's a tasty way to bring a touch of nostalgia to breakfast time! Loved for its irresistible graham cracker deliciousness, each bowl of cold cereal tastes like the iconic pairing of graham crackers and milk for the perfect easy breakfast. This cereal is a Good Source of Vitamin D and contains No High Fructose Corn ...



MARKETING

A whole wheat and corn meal cereal with the taste of graham cracker crunch in rectangular, ridged pieces.. Comes in 96 convenient 1 oz bowlpaks, perfect for easy breakfasts. 6g added sugars per serving. No high fructose corn syrup or artificial sweeteners. Good Source of Vitamin D. 1 oz Equiv Grain, CACFP Eligible and K-12 Regulation Ready

Nutrition Facts

96 Servings per container	
Serving Size	1 bowl
Amount Per Serving	
Calories	110
% Daily Value*	
Total Fat 1	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 240 mg	10%
Total Carbohydrates 23 g	8%
Dietary Fiber 2 g	6%
Total Sugars 6 g	
Includes 6 g Added Sugars	12%

Protein 2 g	
Vitamin D 2 mcg	10%
Calcium 90 mg	6%
Iron 1.8 mg	10%
Potassium 0 mg	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	
11943000	202013		10016000119434		96/1 OZ	
Brand		Brand Owner		GPC Description		
Golden Grahams		GENERAL MILLS SALES INC.		Cereals Products - Ready to Eat (Shelf Stable)		
Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin		Kosher	Child Nutrition
9.200 LBR	6.00 LBR	No	United States		Yes	No
Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.750 INH	13.000 INH	14.120 INH	1.77900 FTQ	9x7	312 Days	32 FAH / 95 FAH
Traceability Regulation						
Regulation Type Code		Regulatory Act	Trade Item Regulation Compliant		Regulation Restrictions and Descriptors	
N/A		N/A	N/A		N/A	

HANDLING SUGGESTIONS

Keep in a cool, dry place

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

INGREDIENTS

Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Dextrose, Baking Soda, Salt, Natural Flavor, Rosemary Extract. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, 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.

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PREPARATION & COOKING SUGGESTIONS

Ready to eat

SERVING SUGGESTIONS

One Bowlpak

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	110	Total Fat	1	Sodium	240 mg
Protein	2 g	Trans Fat	0 g	Calcium	90 mg
Total Carbohydrates	23 g	Saturated Fat	0 g	Iron	1.8 mg
Sugars	6 g	Added Sugars	6 g	Potassium	0 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	2 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

TRANS_FAT	FREE_FROM	FAT	LOW	CHOLESTEROL	FREE_FROM
HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	VITAMIN_D	GOOD_SOURCE_OF	MSG	FREE_FROM
IRON	GOOD_SOURCE_OF	CHOLESTEROL	LOW	ENERGY	SOURCE_OF
SATURATED_FAT	LOW	SUGARS	REDUCED_LESS	WHOLE_GRAIN	CONTAINS
ARTIFICIAL_SWEETENERS	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM	KOSHER	YES
PLANT_BASED	YES	VEGETARIAN	YES		

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