

Golden Grahams

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 |

HANDLING SUGGESTIONS



Keep in a cool, dry place

SERVING SUGGESTIONS



One Bowlpak

PREPARATION & COOKING SUGGESTIONS



Ready to eat

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.

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 - C
- Sesame - 30
- Pine Nuts - 30
- Cashews - 30
- Macadamia Nuts - 30
- Coconuts - 30
- Peanuts - 30
- Tree - 30
- Fish - 30
- Shellfish - NI
- Crustaceans - 30
- Almonds - 30
- Hazelnuts - 30
- Chestnuts - 30
- Pecan Nuts - 30

MORE INFORMATION



ⓘ Brazil Nuts - 30

ⓘ Pistachios - 30

ⓘ Walnuts - 30

ⓘ Molluscs - 30

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NUTRITIONAL ANALYSIS



| | |
|---------------------|------|
| Calories | 110 |
| Protein | 2 g |
| Total Carbohydrates | 23 g |
| Sugars | 6 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 | 6 g |
| Polyunsaturated Fat | |
| Monounsaturated Fat | |
| Cholesterol | 0 mg |
| Vitamin D | 2 mcg |
| Vitamin E | |
| Folate | |
| Vitamin B-6 | |
| Sulphites | |

| | |
|--------------|--------|
| Sodium | 240 mg |
| Calcium | 90 mg |
| Iron | 1.8 mg |
| Potassium | 0 mg |
| Zinc | |
| Phosphorus | |
| | |
| Thiamin | |
| Niacin | |
| Riboflavin | |
| Vitamin B-12 | |
| 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 | | |

MORE IMAGES

