

202013 - Golden Grahams(TM) Cereal Single Serve Bowlpak (96 ct...



A whole grain graham cereal with the taste of graham cracker crunch and brown sugar in rectangular, ridged pieces in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.



MARKETING

A whole grain graham cereal with the taste of graham cracker crunch and brown sugar in rectangular, ridged pieces.. 96 - 1 oz single serve bowlpak pieces. 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: meets 1 ounce equivalent grain standard and whole grain-rich criteria.

Nutrition Facts

96 Servings per container

Serving Size 1 bowl

Amount Per Serving
Calories 110

% Daily Value*

Total Fat 1.5 **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 210 mg **9%**

Total Carbohydrates 24 g **9%**

Dietary Fiber 1 g **5%**

Total Sugars 9 g

Includes 9 g Added Sugars **18%**

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

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 - C
- Sesame - 30
- Peanuts - 30
- Tree Nuts - 30
- Fish - 30
- Shellfish - NI

SERVING SUGGESTIONS

One Bowlpak

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.

HANDLING SUGGESTIONS

Keep in a cool, dry place

PREPARATION & COOKING SUGGESTIONS

Ready to eat

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	110
Protein	2 g
Total Carbohydrates	24 g
Sugars	9 g
Dietary Fiber	1 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	9 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	2 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	210 mg
Calcium	90 mg
Iron	1.8 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



WHOLE_GRAIN	CONTAINS	CHOLESTEROL	LOW	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
THIAMIN	GOOD_SOURCE_OF	CHOLESTEROL	FREE_FROM	VITAMIN_B6	GOOD_SOURCE_OF
SATURATED_FAT	LOW	ARTIFICIAL_FLAVOUR	FREE_FROM	TRANS_FAT	FREE_FROM
ZINC	GOOD_SOURCE_OF	FAT	LOW	WHOLE_GRAIN	GOOD_SOURCE_OF
VITAMIN_D	GOOD_SOURCE_OF	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	IRON	EXCELLENT_SOURCE_OF
IRON	GOOD_SOURCE_OF	ARTIFICIAL_SWEETENERS	FREE_FROM	VITAMIN_D	EXCELLENT_SOURCE_OF
ENERGY	SOURCE_OF	MSG	FREE_FROM	KOSHER	YES
VEGETARIAN	YES				

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