

202013 - Golden Grahams(TM) Cereal Single Serve Bowlpak 1 oz

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 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: meets 1 ounce equivalent grain standard and whole grain-rich criteria.

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

HANDLING SUGGESTIONS

Keep in a cool, dry place

SERVING SUGGESTIONS

One Bowlpak

PREPARATION & COOKING SUGGESTIONS

Ready to eat

Nutrition Facts

| | |
|--|--------|
| 96 Servings per container | |
| Serving Size | 1 bowl |
| Amount Per Serving | |
| Calories | 110 |
| % Daily Value* | |
| Total Fat 1 g | 1% |
| 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 | 4% |
| Total Sugars 9 g | |
| Includes 9 g Added Sugars | 18% |
| Protein 1 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. | |

MORE INFORMATION

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NUTRITIONAL ANALYSIS



| | |
|---------------------|------|
| Calories | 110 |
| Protein | 1 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 g |
| 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



| | | | | | |
|-----------------------|---------------------|--------------------------------------|----------------|--------------------------|---------------------|
| ARTIFICIAL_FLAVOUR | FREE_FROM | PARTIALLY_HYDROGENATED_VEGETABLE_OIL | FREE_FROM | HIGH_FRUCTOSE_CORN_SYRUP | FREE_FROM |
| VITAMIN_D | EXCELLENT_SOURCE_OF | CHOLESTEROL | FREE_FROM | TRANS_FAT | FREE_FROM |
| VITAMIN_B12 | GOOD_SOURCE_OF | THIAMIN | GOOD_SOURCE_OF | ENERGY | SOURCE_OF |
| IRON | GOOD_SOURCE_OF | MSG | FREE_FROM | VITAMIN_B6 | GOOD_SOURCE_OF |
| ARTIFICIAL_SWEETENERS | FREE_FROM | CHOLESTEROL | LOW | IRON | EXCELLENT_SOURCE_OF |
| ZINC | GOOD_SOURCE_OF | FAT | LOW | KOSHER | YES |

MORE IMAGES

