

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 grain graham cereal with the taste of graham cracker crunch and brown sugar in rectangular, ridged pieces.. Comes in 96 convenient 1 oz bowlpaks, perfect for easy breakfasts. Lightly sweet taste with only 6g added sugar. 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	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

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



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

MORE IMAGES

