

200046 - Golden Grahams Cereal Bars Pouch (96 ct) 1.42 oz

A chewy cereal bar made with Golden Grahams(TM) cereal pieces with the taste of graham cracker crunch and brown sugar and individually wrapped to enjoy on-the-go. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria. Available in bulk, 96 - 1.42 oz bars in each case.



MARKETING

A chewy cereal bar made with Golden Grahams(TM) cereal pieces with the taste of graham cracker crunch and brown sugar.. Individually wrapped, available in bulk, 96 - 1.42 oz bars in each case.. Made with no artificial flavors, no colors from artificial sources, and no high fructose corn syrup.. For crediting in USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.

Nutrition Facts

96 Servings per container

Serving Size

1 bar

Amount Per Serving

Calories

160

% Daily Value*

Total Fat 3.5

4%

Saturated Fat 0 g

0%

Trans Fat 0 g

Cholesterol 0 mg

0%

Sodium 115 mg

5%

Total Carbohydrates 30 g

11%

Dietary Fiber 3 g

10%

Total Sugars 9 g

Includes 9 g Added Sugars

18%

Protein 2 g

Vitamin D 0.5 mcg

2%

Calcium 240 mg

15%

Iron 1.3 mg

8%

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
31913000	200046	10016000319131	96/1.42 OZ

Brand	Brand Owner	GPC Description
Golden Grahams	GENERAL MILLS SALES INC.	Cereal/Muesli Bars

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.450 LBR	8.52 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
17.870 INH	12.250 INH	6.370 INH	0.80700 FTQ	8x7	248 Days	32 FAH / 95 FAH

HANDLING SUGGESTIONS

Keep in a cool, dry place

SERVING SUGGESTIONS

Serve as is

PREPARATION & COOKING SUGGESTIONS

Ready to eat

INGREDIENTS

Whole Grain Oats, Corn Syrup, Sugar, Vegetable Oil (canola and/or sunflower), Whole Grain Wheat, Fructose, Brown Rice Flour, Corn Meal, Marshmallows (sugar, corn syrup, modified corn starch, water, gelatin, natural flavor), Chicory Root Extract, Maltodextrin. Contains 2% or less of: Vegetable Glycerin, Calcium Carbonate, Whole Corn Flour, Wheat Starch, Brown Sugar Syrup, Corn Flour, Salt, Dextrose, Modified Wheat Starch, Soy Lecithin, Baking Soda, Cocoa (processed with alkali), Caramel Color, Natural Flavor, 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 - C
- Wheat - C
- Sesame - 30
- Pine Nuts - 30
- Cashews - 30
- Macadamia Nuts - 30
- Coconuts - 30
- Brazil Nuts - 30
- Walnuts - 30
- Peanuts - 30
- Tree - 30
- Fish - 30
- Shellfish - NI
- Crustaceans - 30
- Almonds - 30
- Hazelnuts - 30
- Chestnuts - 30
- Pecan Nuts - 30
- Pistachios - 30
- Molluscs - 30

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	160
Protein	2 g
Total Carbohydrates	30 g
Sugars	9 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	3.5
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	9 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	0.5 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	115 mg
Calcium	240 mg
Iron	1.3 mg
Potassium	0 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



CHOLESTEROL	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM
WHOLE_GRAIN	EXCELLENT_SOURCE_OF	FIBRE	GOOD_SOURCE_OF	TRANS_FAT	FREE_FROM
SATURATED_FAT	LOW	PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	WHOLE_GRAIN	CONTAINS
ENERGY	SOURCE_OF	ARTIFICIAL_SWEETENERS	FREE_FROM	CHOLESTEROL	LOW
MSG	FREE_FROM	CALCIUM	GOOD_SOURCE_OF		

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