

# 200783 - Lucky Charms(TM) Cereal Single Serve K12 2oz Eq Grain...



Lucky Charms is a frosted, toasted whole grain cereal with marshmallow pieces. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Oats—first ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack (exempt for grain-only entrees), and Gluten-Free.



## MARKETING

Lucky Charms is a frosted, toasted whole grain gluten-free cereal with marshmallow pieces.. Dry cereal comes in a branded, 2 oz, single serve cup - 60 per case.. This ready-to-eat cup provides convenient portion control and room for milk. Great for breakfast in the classroom, or as a grab 'n go item.. No high fructose corn syrup.. Meets 2 ounce equivalent grain standards. One product with double the benefits: less to inventory, less to store, and less to serve.

## Nutrition Facts

60 Servings per container

**Serving Size** 1 Container

**Amount Per Serving**  
**Calories** **210**

% Daily Value\*

**Total Fat** 2 **3%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 350 mg **15%**

**Total Carbohydrates** 47 g **17%**

Dietary Fiber 4 g **13%**

Total Sugars 19 g

Includes 19 g Added Sugars **37%**

**Protein** 4 g

Vitamin D 30%

Calcium 15%

Iron 30%

Potassium 2%

\* 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
14884000	200783	10016000148847	60/2 OZ

Brand	Brand Owner	GPC Description
Lucky Charms	GENERAL MILLS SALES INC.	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
11.050 LBR	7.50 LBR	No	United States	Undeclared	No

Shipping						
Length	Width	Height	Volume	Tlx/Hi	Shelf Life	Storage Temp From/To
16.500 INH	12.250 INH	18.000 INH	2.10500 FTQ	9x5	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 - 30
- Sesame - 30
- Peanuts - 30
- Tree Nuts - 30
- Fish - 30
- Shellfish - NI

## SERVING SUGGESTIONS

One Bowl, serve with or without milk

## INGREDIENTS

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Modified Corn Starch, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, 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	210
Protein	4 g
Total Carbohydrates	47 g
Sugars	19 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	19 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	1 g
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	350 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

## NUTRITIONAL CLAIMS



GLUTEN	FREE_FROM	VITAMIN_D	EXCELLENT_SOURCE_OF	ARTIFICIAL_SWEETENERS	FREE_FROM
VITAMIN_D	GOOD_SOURCE_OF	WHOLE_GRAIN	CONTAINS	IRON	GOOD_SOURCE_OF
FAT	LOW	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	CHOLESTEROL	FREE_FROM
MSG	FREE_FROM	CALCIUM	GOOD_SOURCE_OF	TRANS_FAT	FREE_FROM
ENERGY	SOURCE_OF	CHOLESTEROL	LOW	IRON	EXCELLENT_SOURCE_OF
SATURATED_FAT	LOW	FREE_FROM_GLUTEN	YES		

## MORE IMAGES

