

200834 - Honey Nut Cheerios(TM) Cereal Single Serve K12 2oz Eq...



Enjoy the real honey, natural almond flavor and sweetened whole grains in Honey Nut Cheerios. 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 criteria and Gluten-Free.



MARKETING

Get real honey, natural almond flavor and sweetened whole grains in Honey Nut Cheerios gluten-free cereal.. 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.. Gluten free, Kosher and gelatin free. Contains no artificial flavors and no colors from artificial sources.. For USDA Child Nutrition Programs: meets 2 ounce equivalent grain standard, whole grain rich criteria, and USDA Smart Snacks criteria.

Nutrition Facts

60 Servings per container

Serving Size 1 container

Amount Per Serving
Calories **210**

	% Daily Value*
Total Fat 2.5	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 320 mg	14%
Total Carbohydrates 45 g	17%
Dietary Fiber 4 g	15%
Total Sugars 19 g	
Includes 19 g Added Sugars	37%

Protein 5 g	
Vitamin D 6 mcg	30%
Calcium 190 mg	15%
Iron 5.4 mg	30%
Potassium 220 mg	4%

* 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
14882000	200834	10016000148823	60/2 OZ

Brand	Brand Owner	GPC Description
Cheerios	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	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHI	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 - C
- Fish - 30
- Shellfish - NI

SERVING SUGGESTIONS

One Bowl

INGREDIENTS

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond 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	5 g
Total Carbohydrates	45 g
Sugars	19 g
Dietary Fiber	4 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5
Trans Fat	0 g
Saturated Fat	0.5 g
Added Sugars	19 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	6 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	320 mg
Calcium	190 mg
Iron	5.4 mg
Potassium	220 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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

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