



MARKETING

Nutrition Facts

250 Servings per container

Serving Size1 oz pouch

Amount Per Serving

Calories120

% Daily Value*

Total Fat 2.5 g4%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 0 mg0%

Total Carbohydrates 21 g7%

Dietary Fiber 2 g8%

Total Sugars 6 g

Includes Added Sugars%

Protein 3 g

Vitamin D%

Calcium 0 mg0%

Iron 0.84 mg5%

Potassium 75 mg2%

* 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
8004209	313805	10853778004209	250 x 1 OZ

Brand	Brand Owner	GPC Description
Rockin'ola	Sargent Foods LLC	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
18.25 LBR	15.4 LBR	No	United States	Undeclared	Yes

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
24 INH	12 INH	9.75 INH	1.625 FTQ	6x8	540 Days	33 FAH / 80 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 - N
- Peanuts - N
- Eggs - N
- Tree Nuts - N
- Soy - N
- Fish - N
- Wheat - N
- Shellfish - NI
- Sesame - N

SERVING SUGGESTIONS

Rockin'ola Granola can be eaten right from the pouch, or add it to milk, yogurt, applesauce, ice cream. Also, it is awesome as a salad topping instead of crutons.

INGREDIENTS

Ingredients: Whole Grain Rolled Oats, Sugar, Corn Syrup, Canola Oil, Natural Flavor, Cinnamon, Vitamin E (Mixed Tocopherols), added to protect flavor.

HANDLING SUGGESTIONS

Ambient dry storage conditions, single serve pouch to be eaten at anytime.

PREPARATION & COOKING SUGGESTIONS

No prep required

MORE INFORMATION

NUTRITIONAL ANALYSIS

Calories	120	Total Fat	2.5 g	Sodium	0 mg
Protein	3 g	Trans Fat	0 g	Calcium	0 mg
Total Carbohydrates	21 g	Saturated Fat	0 g	Iron	0.84 mg
Sugars	6 g	Added Sugars		Potassium	75 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)	0 0 iu	Vitamin D		Thiamin	
Vitamin A (RE)	0	Vitamin E		Niacin	
Vitamin C	0 mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

EGGS	FREE_FROM	WHEAT	FREE_FROM	ADDITIVES	FREE_FROM
DAIRY	FREE_FROM	PEANUTS	FREE_FROM		
SODIUM_SALT	FREE_FROM	SOY	FREE_FROM	NUTS	FREE_FROM