



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

HANDLING SUGGESTIONS

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

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.

PREPARATION & COOKING SUGGESTIONS

No prep required

INGREDIENTS

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

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

Eggs - N

Soybean - N

Wheat - N

Sesame - N

Celery - N

Lupine - N
- Peanuts - N

Tree - N

Fish - N

Shellfish - NI

Crustaceans - N

Mustard - N

Molluscs - N

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