

200794 - Cheerios(TM) Cereal Single Serve Bowlpak 1 oz

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.



MARKETING

The classic toasted whole grain oat, gluten-free cereal.. 96 - 1 oz single serve branded bowls per case. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack.. Contains no artificial flavors and no colors from artificial sources.. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.

Nutrition Facts

96 Servings per container

Serving Size1 bowl

Amount Per Serving

Calories100

% Daily Value*

Total Fat 22%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 140 mg6%

Total Carbohydrates 21 g8%

Dietary Fiber 3 g11%

Total Sugars 1 g

Includes 1 g Added Sugars2%

Protein 4 g

Vitamin D 2.8 mcg10%

Calcium 90 mg6%

Iron 9 mg50%

Potassium 180 mg4%

* 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
32262000	200794	10016000322629	96/1 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
9.800 LBR	6.00 LBR	No	United States	Yes	No

Shipping						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.750 INH	13.000 INH	18.620 INH	2.34600 FTQ	9x5	312 Days	32 FAH / 95 FAH

HANDLING SUGGESTIONS

Keep in a cool, dry place

SERVING SUGGESTIONS

One Bowlpak

PREPARATION & COOKING SUGGESTIONS

Ready to eat

INGREDIENTS

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), 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 - 30
- Wheat - 30
- Sesame - 30
- Pine Nuts - 30
- Cashews - 30
- Macadamia Nuts - 30
- Coconuts - 30
- Peanuts - 30
- Tree - 30
- Fish - 30
- Shellfish - NI
- Crustaceans - 30
- Almonds - 30
- Hazelnuts - 30
- Chestnuts - 30
- Pecan Nuts - 30

MORE INFORMATION

ⓘ Brazil Nuts - 30

ⓘ Pistachios - 30

ⓘ Walnuts - 30

ⓘ Molluscs - 30

ⓘ X99 - UN

Cheerios

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NUTRITIONAL ANALYSIS

Calories	100	Total Fat	2	Sodium	140 mg
Protein	4 g	Trans Fat	0 g	Calcium	90 mg
Total Carbohydrates	21 g	Saturated Fat	0 g	Iron	9 mg
Sugars	1 g	Added Sugars	1 g	Potassium	180 mg
Dietary Fiber	3 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg	Thiamin	
Vitamin A (IU)		Vitamin D	2.8 mcg	Niacin	
Vitamin A (RE)		Vitamin E		Riboflavin	
Vitamin C		Folate		Vitamin B-12	
Magnesium		Vitamin B-6		Nitrates	
Monosodium		Sulphites			

NUTRITIONAL CLAIMS

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

MORE IMAGES

