

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 Size 1 bowl

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 2 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Total Carbohydrates 21 g	8%
Dietary Fiber 3 g	11%
Total Sugars 1 g	
Includes 1 g Added Sugars	2%
Protein 4 g	
Vitamin D 2.8 mcg	10%
Calcium 90 mg	6%
Iron 9 mg	50%
Potassium 180 mg	4%

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	TlxHI	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

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 Bowlpak

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), 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.

HANDLING SUGGESTIONS

Keep in a cool, dry place

PREPARATION & COOKING SUGGESTIONS

Ready to eat

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	100
Protein	4 g
Total Carbohydrates	21 g
Sugars	1 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	1 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	2.8 mcg
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	140 mg
Calcium	90 mg
Iron	9 mg
Potassium	180 mg
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



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

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