

200342 - General Mills Cereal Single Serve Cup Family Variety ...

Variety pack of General Mills cereal cups in convenient single serve portions for the on-the-go patron: 14 Cinnamon Toast Crunch(TM), 12 gluten-free Honey Nut Cheerios(TM), 12 gluten-free Lucky Charms(TM), 8 gluten-free Cheerios(TM), 8 Cocoa Puffs(TM), 6 Multigrain Cheerios(TM) cereals.



MARKETING

This assorted case comes with 14 Cinnamon Toast Crunch(TM), 12 gluten-free Honey Nut Cheerios(TM), 12 gluten-free Lucky Charms(TM), 8 gluten-free Cheerios(TM), 8 Cocoa Puffs(TM), 6 Multigrain Cheerios(TM) cereals.. Ready to eat dry cereal in a convenient, portable cup.. Cup has room for milk—no dishes required.. Whole grain rich.. Recommended for business and industry, college and university, lodging, and healthcare settings.

Nutrition Facts

60 Servings per container

Serving Size1 container

Amount Per Serving

Calories200

% Daily Value*

Total Fat 2.5 g3%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 180 mg8%

Total Carbohydrates 43 g16%

Dietary Fiber 3 g10%

Total Sugars 17 g

Includes 17 g Added Sugars33%

Protein 3 g

Vitamin D25%

Calcium10%

Iron25%

Potassium2%

* 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
14151000	200342	10016000141510	60/1.704 OZ

Brand	Brand Owner	GPC Description
General Mills Multiple Brands	GENERAL MILLS SALES INC.	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Case/Catch Weight	Country Of Origin	Kosher	Child Nutrition
10.325 LBR	6.39 LBR	No	United States	Undeclared	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

HANDLING SUGGESTIONS

Keep in a cool, dry place

SERVING SUGGESTIONS

Cups deliver ready to eat dry cereal with convenient portion control. Recommended for business and industry, college and university, lodging, and healthcare settings.

PREPARATION & COOKING SUGGESTIONS

Ready to eat

INGREDIENTS

Whole Grain Corn, Sugar, Rice Flour, Corn Syrup, Cocoa Processed with Alkali, Canola and/or Sunflower Oil, Color (caramel color and annatto extract), Salt, Baking Soda, Natural Flavor, Rosemary Extract. Vitamins and Minerals: Tricalcium Phosphate, 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.

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 - MC

Sesame - 30

Pine Nuts - 30

Cashews - 30

Macadamia Nuts - 30

Coconuts - 30

Brazil Nuts - 30

Walnuts - 30

Peanuts - 30

Tree - 30

Fish - 30

Shellfish - NI

Crustaceans - 30

Almonds - 30

Hazelnuts - 30

Chestnuts - 30

Pecan Nuts - 30

Pistachios - 30

Molluscs - 30

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	200
Protein	3 g
Total Carbohydrates	43 g
Sugars	17 g
Dietary Fiber	3 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	2.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	17 g
Polyunsaturated Fat	
Monounsaturated Fat	
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

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

NUTRITIONAL CLAIMS



WHOLE_GRAIN	CONTAINS	HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	THIAMIN	GOOD_SOURCE_OF
PARTIALLY_HYDROGENATED_VEGETABLE_OIL	FREE_FROM	VITAMIN_D	GOOD_SOURCE_OF	CHOLESTEROL	LOW
CHOLESTEROL	FREE_FROM	FAT	LOW	CALCIUM	GOOD_SOURCE_OF
SATURATED_FAT	LOW	ENERGY	SOURCE_OF	IRON	EXCELLENT_SOURCE_OF
THIAMIN	EXCELLENT_SOURCE_OF	TRANS_FAT	FREE_FROM	ARTIFICIAL_FLAVOUR	FREE_FROM
IRON	GOOD_SOURCE_OF	MSG	FREE_FROM	SODIUM_SALT	LOW
LOW_SALT	YES	VEGETARIAN	YES		

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