

200785 - Rice Chex(TM) Cereal Single Serve Bowlpak 1 oz

A whole grain rice, gluten-free cereal in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria and CACFP eligible.



MARKETING

A whole grain rice, 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: meets 1 ounce equivalent grain standard, whole grain-rich criteria and CACFP eligible. Great for use in K-12 schools and healthcare.

Nutrition Facts

96 Servings per container
Serving Size 1 bowl (28g)

Amount Per Serving
Calories 110

	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 230 mg	10%
Total Carbohydrates 24 g	9%
Dietary Fiber 1 g	4%
Total Sugars 2 g	
Includes 2 g Added Sugars	4%

Protein 2 g	
Vitamin D	6%
Calcium	6%
Iron	45%
Potassium	0%

* 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
31921000	200785	10016000319216	96/1 OZ

Brand	Brand Owner	GPC Description
Chex	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

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
- Peanuts - 30
- Eggs - 30
- Tree Nuts - 30
- Soy - 30
- Fish - 30
- Wheat - 30
- Shellfish - NI
- Sesame - 30

SERVING SUGGESTIONS

One Bowlpak

INGREDIENTS

Whole Grain Rice, Rice, Sugar, Salt, Molasses. 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 B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

HANDLING SUGGESTIONS

Keep in a cool, dry place

PREPARATION & COOKING SUGGESTIONS

Ready to eat dry cereal in a portable, easy-to-serve bowl.

MORE INFORMATION

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NUTRITIONAL ANALYSIS



Calories	110
Protein	2 g
Total Carbohydrates	24 g
Sugars	2 g
Dietary Fiber	1 g
Lactose	
Sucrose	
Vitamin A (IU)	
Vitamin A (RE)	
Vitamin C	
Magnesium	
Monosodium	

Total Fat	0.5 g
Trans Fat	0 g
Saturated Fat	0 g
Added Sugars	2 g
Polyunsaturated Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Vitamin D	
Vitamin E	
Folate	
Vitamin B-6	
Sulphites	

Sodium	230 mg
Calcium	
Iron	
Potassium	
Zinc	
Phosphorus	
Thiamin	
Niacin	
Riboflavin	
Vitamin B-12	
Nitrates	

NUTRITIONAL CLAIMS



VEGETARIAN	YES
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FREE_FROM_GLUTEN	YES
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KOSHER	YES
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MORE IMAGES

