

200788 - Apple Cinnamon Cheerios Gluten Free Single Serve Bowl...

Sweetened whole grain oat, gluten-free cereal with apple cinnamon taste 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 USDA Smart Snacks criteria.



MARKETING

Sweetened whole grain oat, gluten-free cereal with apple cinnamon taste.. Comes in 96 convenient 1 oz bowlpaks, perfect for easy breakfasts. Lightly sweet taste with only 6g added sugar. No high fructose corn syrup or artificial sweeteners. Good source of vitamin D and Smart Snack compliant. 1 oz Equiv Grain, CACFP Eligible and K-12 Regulation Ready

Nutrition Facts

96 Servings per container

Serving Size1 bowl

Amount Per Serving

Calories110

% Daily Value*

Total Fat 23%

Saturated Fat 0 g0%

Trans Fat 0 g

Cholesterol 0 mg0%

Sodium 130 mg6%

Total Carbohydrates 22 g8%

Dietary Fiber 2 g9%

Total Sugars 6 g

Includes 6 g Added Sugars12%

Protein 3 g

Vitamin D 3 mcg15%

Calcium 90 mg6%

Iron 2.7 mg15%

Potassium 0 mg0%

* 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
31879000	200788	10016000318790	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
9.200 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	14.120 INH	1.77900 FTQ	9x7	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, Sugar, Corn Starch, Apple Puree Concentrate, Canola and/or Sunflower Oil, Corn Syrup, Refiner's Syrup, Sat, Cinnamon, Trisodium Phosphate, Rosemary Extract, Vitamin E (mixed tocopherols Added to Preserve Freshness. Vitamins and Minerals: 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 - 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	110	Total Fat	2	Sodium	130 mg
Protein	3 g	Trans Fat	0 g	Calcium	90 mg
Total Carbohydrates	22 g	Saturated Fat	0 g	Iron	2.7 mg
Sugars	6 g	Added Sugars	6 g	Potassium	0 mg
Dietary Fiber	2 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A (IU)		Vitamin D	3 mcg	Thiamin	
Vitamin A (RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

NUTRITIONAL CLAIMS

HIGH_FRUCTOSE_CORN_SYRUP	FREE_FROM	CHOLESTEROL	LOW	SATURATED_FAT	LOW
VITAMIN_D	GOOD_SOURCE_OF	ARTIFICIAL_FLAVOUR	FREE_FROM	SUGARS	REDUCED_LESS
MSG	FREE_FROM	CHOLESTEROL	FREE_FROM	WHOLE_GRAIN	CONTAINS
ARTIFICIAL_SWEETENERS	FREE_FROM	WHOLE_GRAIN	EXCELLENT_SOURCE_OF	TRANS_FAT	FREE_FROM
ENERGY	SOURCE_OF	GLUTEN	FREE_FROM	IRON	GOOD_SOURCE_OF
KOSHER	YES	FREE_FROM_GLUTEN	YES	VEGETARIAN	YES

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