



GENERAL MILLS
Convenience
& Foodservice



Cheerios™ Cereal Bulkpak 29 oz

UPC: **016000119772**

Information Accurate as of: **February 19, 2021**

DESCRIPTION

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in cost-effective, 29 oz bulk packaging for less waste and great labor savings. Made without gelatin. For crediting in USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.

Case GTIN: **10016000119779**

Unit Weight: **29 OZ**

Units per case: **4**

Nutrition Facts

1 1/2 Cup (39g)
Serving Size

Calories
per serving **140**

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 2.5g	3%	Sodium 190mg	8%
Saturated Fat 0.5g	3%	Total Carbohydrate 29g	11%
Trans Fat 0g		Dietary Fiber 4g	14%
Cholesterol 0mg	0%	Total Sugars 2g	
		Soluble Fiber 1g	
		Includes 2g Added Sugars	4%
		Protein 5g	
Vitamin D 10%	• Calcium 10%	• Iron 70%	
Potassium 6%	• Vitamin A 10%	• Vitamin C 10%	
Thiamin 20%	• Niacin 10%	• Vitamin B6 20%	
Folate 20%	• (45mcg Folic Acid) 20%	• Vitamin B12 20%	
Phosphorus 10%	• Magnesium 15%	• Zinc 20%	

**The % Daily Value (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.

*Not a significant nutrient source

Nutrition Facts

Calories
Approx Per 100g **359**

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 6g		Sodium 487mg	
Saturated Fat 1g		Total Carbohydrate 74g	
Trans Fat 0g		Dietary Fiber 10g	
Cholesterol 0mg		Total Sugars 5g	
		Soluble Fiber 3g	
		Includes 5g Added Sugars	
		Protein 13g	
Vitamin D • Calcium • Iron			
Potassium • Vitamin A • Vitamin C			
Thiamin • Niacin • Vitamin B6			
Folate • (115mcg Folic Acid) • Vitamin B12			
Phosphorus • Magnesium • Zinc			

**The % Daily Value (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.

*Not a significant nutrient source

INGREDIENTS & ALLERGENS: 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.

KOSHER APPROVAL: OU

Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change. Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.



Smart Snacks Product Calculator Results

Brand:
Cheerios

Product Name:
Cheerios

Serving Size:
39.00 g

First Ingredient:
Whole Grain Oats

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 39.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 140

Calories from Fat NA

Total Fat (g) 2.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

Sodium (mg) 190

Carbohydrates

Sugars (g) 2

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.