



# Apple Cinnamon Cheerios™ Cereal Single Serve Bowlpak 1 oz

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.



## Product Information:

|               |                                                     |
|---------------|-----------------------------------------------------|
| PRODUCT CODE: | 31879000                                            |
| UPC:          | 16000318793                                         |
| GTIN:         | 10016000318790                                      |
| UNIT SIZE:    | 1                                                   |
| CASE COUNT:   | 96                                                  |
| ATTRIBUTES:   | No Artificial Flavors<br>Whole Grain<br>Gluten Free |

## Ingredients & Allergens

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Apple Puree Concentrate, Corn Syrup, Canola Oil, Refiner's Syrup, Salt, Cinnamon, Trisodium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. 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.

## Preparation Instructions

Ready to Eat

## Package Information:

|             |        |
|-------------|--------|
| NET WEIGHT: | N/A    |
| VOLUME:     | 1.8 CF |
| HEIGHT:     | 14.1   |
| LENGTH:     | 16.8   |
| WIDTH:      | 96     |
| CASE SIZE:  | 13     |

Nutrition Facts

| Serving Size       |       |     | 1 Bowl (28g)       | 100g               |
|--------------------|-------|-----|--------------------|--------------------|
| Calories           |       |     | As Packaged<br>110 | As Packaged<br>405 |
|                    |       |     | % DV               | % DV               |
| Total Fat          | 1.5g  | 2%  | 7g                 |                    |
| Saturated Fat      | 0g    | 0%  | 0g                 |                    |
| Trans Fat          | 0g    |     | 0g                 |                    |
| Cholesterol        | 0mg   | 0%  | 0mg                |                    |
| Sodium             | 110mg | 5%  | 405mg              |                    |
| Total Carbohydrate | 23g   | 8%  | 81g                |                    |
| Dietary Fiber      | 2g    | 7%  | 8g                 |                    |
| Soluble Fiber      | <1g   |     |                    |                    |
| Total Sugars       | 9g    |     | 32g                |                    |
| Incl. Added Sugars | 9g    | 18% | 32g                |                    |
| Protein            | 2g    |     | 8g                 |                    |
| Vitamin D          |       |     | 6%                 | 5mcg               |
| Calcium            |       |     | 6%                 | 351mg              |
| Iron               |       |     | 15%                | 10mg               |
| Potassium          |       |     | 0%                 | 243mg              |
| Vitamin A          |       |     | 6%                 | 811IU              |
| Vitamin C          |       |     | 6%                 | 24mg               |
| Thiamin            |       |     | 15%                | 1mg                |
| Riboflavin         |       |     | 6%                 | 0mg                |
| Niacin             |       |     | 6%                 | 4mg                |
| Vitamin B6         |       |     | 15%                | 1mg                |
| Folate             |       |     | 15%                | 216mcg             |
| Folic Acid         | 35mcg |     | 122mcg             |                    |
| Vitamin B12        |       |     | 15%                | 1mcg               |
| Phosphorus         |       |     | 6%                 | 297mg              |
| Magnesium          |       |     | 6%                 | 95mg               |
| Zinc               |       |     | 15%                | 6mg                |

\* Percent Daily Value (DV) are based on a 2,000 calorie diet  
\* Not a significant nutrient source  
\* Nutritional information is subject to change. See product label to verify ingredients and allergens.  
\* Do not eat raw dough or batter.

Product Photos:

