



Multigrain Cheerios™ Cereal Single Serve Bowlpak 1 oz

Lightly sweetened, whole grain oat, 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 and whole grain-rich criteria.



Product Information:

PRODUCT CODE:	32263000
UPC:	16000322639
GTIN:	10016000322636
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	No Artificial Flavors Whole Grain Gluten Free

Ingredients & Allergens

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Whole Grain Rice, Corn Bran, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color, annatto extract). Vitamin E (mixed tocopherols) Added to Preserve Freshness. and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), A B Vitamin (calcium pantothenate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin A (palmitate), Vitamin D3.

Preparation Instructions

Ready to Eat

Package Information:

NET WEIGHT:	N/A
VOLUME:	2.3 CF
HEIGHT:	18.6
LENGTH:	16.8
WIDTH:	96
CASE SIZE:	13

Nutrition Facts

Serving Size		1 Bowl (28g)	100g
Calories		As Packaged 110	As Packaged 380
		% DV	% DV
Total Fat	1g	2%	4g
Saturated Fat	0g	0%	1g
Trans Fat	0g		0g
Polyunsaturated	0g		2g
Monounsaturated	0g		2g
Cholesterol	0mg	0%	0mg
Sodium	105mg	5%	380mg
Total Carbohydrate	23g	8%	81g
Dietary Fiber	2g	7%	7g
Total Sugars	6g		21g
Incl. Added Sugars	6g	11%	21g
Protein	2g		9g
Vitamin D		6%	5mcg
Calcium		10%	500mg
Iron		70%	46mg
Potassium		2%	460mg
Vitamin A		6%	1116IU
Vitamin C		6%	23mg
Thiamin		70%	3mg
Riboflavin		70%	3mg
Niacin		70%	41mg
Vitamin B6		70%	4mg
Folate		70%	1025mcg
Folic Acid	160mcg		605mcg
Vitamin B12		70%	6mcg
Pantothenic Acid		70%	13mg
Phosphorus		6%	290mg
Magnesium		4%	65mg
Zinc		70%	28mg

- * 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.
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Product Photos:

