



GENERAL MILLS  
Convenience  
& Foodservice



## Kix™ Cereal Single Serve Bowlpak .625 oz

|                                                                                                                                                                                                                                                                                      |                                                      |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|
| UPC: <b>016000119420</b>                                                                                                                                                                                                                                                             | Information Accurate as of: <b>February 19, 2021</b> |
| <b>DESCRIPTION</b><br>A crispy, whole grain corn cereal made with toasted corn puffed into pieces in a ready-to-eat bowl for convenient, portion control. For crediting in USDA Child Nutrition Programs: whole grain-rich criteria, USDA Smart Snacks criteria, and CACFP eligible. |                                                      |
| Case GTIN: <b>10016000119427</b>                                                                                                                                                                                                                                                     |                                                      |
| Unit Weight: <b>.62 OZ</b>                                                                                                                                                                                                                                                           | Units per case: <b>96</b>                            |

| Nutrition Facts                                                       |                        | Amount/serving |                    | % Daily Value** |                               | Amount/serving |    | % Daily Value** |  | **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. |
|-----------------------------------------------------------------------|------------------------|----------------|--------------------|-----------------|-------------------------------|----------------|----|-----------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                       |                        |                |                    |                 |                               |                |    |                 |  |                                                                                                                                                                     |
| 1 Bowl (17g)<br>Serving Size<br><br>Calories<br>per serving<br><br>70 | <b>Total Fat</b> 0.5g  |                | 1%                 |                 | <b>Sodium</b> 100mg           |                | 4% |                 |  |                                                                                                                                                                     |
|                                                                       | Saturated Fat 0g       |                | 0%                 |                 | <b>Total Carbohydrate</b> 14g |                | 5% |                 |  |                                                                                                                                                                     |
|                                                                       | Trans Fat 0g           |                |                    |                 | Dietary Fiber 1g              |                | 3% |                 |  |                                                                                                                                                                     |
|                                                                       | <b>Cholesterol</b> 0mg |                | 0%                 |                 | Total Sugars 2g               |                |    |                 |  |                                                                                                                                                                     |
|                                                                       |                        |                |                    |                 | Includes 2g Added Sugars      |                | 3% |                 |  |                                                                                                                                                                     |
|                                                                       |                        |                |                    |                 | <b>Protein</b> 1g             |                |    |                 |  |                                                                                                                                                                     |
|                                                                       | Vitamin D 4%           |                | • Calcium 6%       |                 | • Iron 25%                    |                |    |                 |  |                                                                                                                                                                     |
|                                                                       | Vitamin A 4%           |                | • Vitamin C 4%     |                 | • Thiamin 10%                 |                |    |                 |  |                                                                                                                                                                     |
|                                                                       | Riboflavin 6%          |                | • Niacin 4%        |                 | • Vitamin B6 10%              |                |    |                 |  |                                                                                                                                                                     |
|                                                                       | Folate 8%              |                | (15mcg Folic Acid) |                 | • Vitamin B12 8%              |                |    |                 |  |                                                                                                                                                                     |
| Phosphorus 2%                                                         |                        | • Magnesium 2% |                    | • Zinc 10%      |                               |                |    |                 |  |                                                                                                                                                                     |
|                                                                       |                        |                |                    |                 |                               |                |    |                 |  |                                                                                                                                                                     |

\*\*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             |     | Amount/100g      |  | % Daily Value**       |  | Amount/100g               |  | % Daily Value** |  | **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. |
|-----------------------------|-----|------------------|--|-----------------------|--|---------------------------|--|-----------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Calories<br>Approx Per 100g | 400 | Total Fat 3g     |  |                       |  | Sodium 550mg              |  |                 |  |                                                                                                                                                                     |
|                             |     | Saturated Fat 0g |  |                       |  | Total Carbohydrate 85g    |  |                 |  |                                                                                                                                                                     |
|                             |     | Trans Fat 0g     |  |                       |  | Dietary Fiber 8g          |  |                 |  |                                                                                                                                                                     |
|                             |     | Cholesterol 0mg  |  |                       |  | Total Sugars 10g          |  |                 |  |                                                                                                                                                                     |
|                             |     |                  |  |                       |  | Includes 10g Added Sugars |  |                 |  |                                                                                                                                                                     |
|                             |     |                  |  |                       |  | Protein 8g                |  |                 |  |                                                                                                                                                                     |
|                             |     |                  |  |                       |  |                           |  |                 |  |                                                                                                                                                                     |
|                             |     | Vitamin D        |  |                       |  | • Calcium                 |  | • Iron          |  |                                                                                                                                                                     |
|                             |     | Vitamin A        |  |                       |  | • Vitamin C               |  | • Thiamin       |  |                                                                                                                                                                     |
|                             |     | Riboflavin       |  |                       |  | • Niacin                  |  | • Vitamin B6    |  |                                                                                                                                                                     |
| Folate                      |     |                  |  | • (115mcg Folic Acid) |  | • Vitamin B12             |  |                 |  |                                                                                                                                                                     |
| Phosphorus                  |     |                  |  | • Magnesium           |  | • Zinc                    |  |                 |  |                                                                                                                                                                     |
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\*\*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 Corn, Corn Meal, Sugar, Salt, Brown Sugar Syrup, Baking Soda, 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 B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), 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:  
**Kix**

Product Name: **Kix  
Bowlpak**

Serving Size:  
**17.00 g**

First Ingredient:  
**whole grain corn**

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

## Nutrition Facts

Serving Size 17.00 g ⓘ

Servings Per Container

Amount Per Serving

**Calories** 70

**Calories from Fat** 4.5

**Total Fat** (g) 0.5

Saturated Fat (g) 0

Trans Fat (g) 0

**Sodium** (mg) 100

**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.*

LEADING THE WAY FOR CHILDREN'S HEALTH