



GENERAL MILLS
Convenience
& Foodservice



Lucky Charms™ Cereal Single Serve Bowlpak 1 oz

UPC: 016000319172

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

DESCRIPTION

A frosted and toasted whole grain oat-based, gluten-free cereal with marshmallow pieces in a ready-to-eat bowl for convenient, portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain and whole grain-rich criteria.

Case GTIN: 10016000319179

Unit Weight: **1 OZ**

Units per case: **96**

Nutrition Facts

1 Bowl (28g)
Serving Size

Calories
per serving

110

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 1g	2%	Sodium 180mg	8%
Saturated Fat 0g	0%	Total Carbohydrate 23g	8%
Trans Fat 0g		Dietary Fiber 2g	6%
Cholesterol 0mg	0%	Total Sugars 9g	
		Includes 9g Added Sugars	18%
		Protein 2g	
Vitamin D 6%	• Calcium 6%	• Iron 15%	
Potassium 0%	• Vitamin A 6%	• Vitamin C 6%	
Thiamin 15%	• Riboflavin 6%	• Niacin 6%	
Vitamin B6 15%	• Folate 15%	• (40mcg Folic Acid) 15%	
Vitamin B12 15%	• Phosphorus 6%	• Magnesium 6%	
Zinc 15%			

**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

390

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 4g		Sodium 640mg	
Saturated Fat 0g		Total Carbohydrate 83g	
Trans Fat 0g		Dietary Fiber 6g	
Cholesterol 0mg		Total Sugars 33g	
		Includes 33g Added Sugars	
		Protein 8g	
Vitamin D • Calcium • Iron			
Potassium • Vitamin A • Vitamin C			
Thiamin • Riboflavin • Niacin			
Vitamin B6 • Folate • (125mcg 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, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 ; 6, Blue 1, Natural And Artificial Flavor. 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.

KOSHER APPROVAL:

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:
Lucky Charms

Product Name:
Lucky Charms Bowlpak

Serving Size:
28.00 g

First Ingredient:
Whole Grain Oats

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

Nutrition Facts

Serving Size 28.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 9

Total Fat (g) 1

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 180

Carbohydrates

Sugars (g) 9

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