



Cheerios™ Cereal Single Serve Bowlpak 1 oz

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.



Product Information:

PRODUCT CODE:	32262000
UPC:	16000322622
GTIN:	10016000322629
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	No Artificial Flavors 1 oz. Eq. Grain Zero Trans Fat Whole Grain No Gelatin Gluten Free CACFP eligible

Ingredients & Allergens

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.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.

Does Not Contain Obligatory Allergens

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 100	As Packaged 359
		% DV	% DV
Total Fat	2g	3%	6g
Saturated Fat	0g	0%	1g
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg
Sodium	140mg	6%	487mg
Total Carbohydrate	21g	8%	74g
Dietary Fiber	3g	11%	10g
Soluble Fiber	1g		3g
Total Sugars	1g		5g
Incl. Added Sugars	1g	2%	5g
Protein	4g		13g
Vitamin D	1.2mcg	6%	5mcg
Calcium	80mg	6%	333mg
Iron	9mg	50%	32mg
Potassium	180mg	4%	641mg
Vitamin A		6%	769IU
Vitamin C		6%	23mg
Thiamin		10%	1mg
Niacin		6%	4mg
Vitamin B6		10%	1mg
Folate		10%	205mcg
Folic Acid	20mcg		115mcg
Vitamin B12		10%	1mcg
Phosphorus		8%	385mg
Magnesium		8%	154mg
Zinc		10%	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.

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Product Photos:



General Mills

Cheerios™

Gluten Free
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS

CAN HELP LOWER CHOLESTEROL*
as part of a heart healthy diet

Toasted Whole Grain Oat Cereal

Nutrition Facts

Amount per serving	% Daily Value*	Amount per serving	% Daily Value*
Total Fat 2g	3%	Total Carbohydrate 21g	8%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g		Soluble Fiber 1g	
Cholesterol 0mg	0%	Total Sugars 1g	
Sodium 140mg	6%	Incl. 1g Added Sugars	2%
		Protein 4g	

*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 per serving 100

Serving size 1 bowl (28g)

100 CALORIES PER 1 BOWL

25+ WHOLE GRAIN PER SERVING AT LEAST 48g RECOMMENDED DAILY

NET WT 1 OZ (28g)

Ingredients: 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 B₁₂ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₅, Vitamin D₃.
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GLUTEN FREE COMMENTS? SAVE ENTIRE PACKAGE AND CONTACT US ONLINE. www.generalmills.com
CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN



