

Corn Chex Cereal

Nutrition Facts	
Serving Size: oz. (g)	
Servings Per Case:	
Amount per Serving	
Calories: 120	Calories from Fat: 5
% Daily Value*	
Total Fat: .5 g	1 %
Saturated Fat: 0 g	0 %
Trans Fat: 0 g	
Cholesterol: 0 mg	0 %
Sodium: 290 mg	12 %
Total Carbohydrate: 26 g	9 %
Dietary Fiber: 1 g	5 %
Sugars: 3 g	
Protein: 2 g	
Vitamin A: 10 %	Vitamin C: 10 %
Calcium: 10 %	Iron: 50 %

Childcare Serving: 1 cup

Percentage Fat: 4.1%

Sugars: 3 grams

Childcare servings per case: Approx 125

PRO Foods Code: CCCB

PRO Foods 302-731-0344 800-783-7310

Rice Chex Cereal

Nutrition Facts	
Serving Size: oz. (g)	
Servings Per Case:	
Amount per Serving	
Calories: 100	Calories from Fat: 0
% Daily Value*	
Total Fat: .5 g	1 %
Saturated Fat: 0 g	0 %
Trans Fat: 0 g	
Cholesterol: 0 mg	0 %
Sodium: 250 mg	10 %
Total Carbohydrate: 23 g	8 %
Dietary Fiber: 0 g	0 %
Sugars: 2 g	
Protein: 2 g	
Vitamin A: 10 %	Vitamin C: 10 %
Calcium: 10 %	Iron: 50 %

Childcare Serving: 1 cup

Percentage Fat: 0%

Sugars: 2 grams

Childcare servings per case: Approx 135

PRO Foods Code: GMRC

PRO Foods 302-731-0344 800-783-7310

Quaker Life Cereal

Nutrition Facts	
Serving Size: 32 g	
Servings Per Case: 140	
Amount per Serving	
Calories: 120	Calories from Fat: 15
% Daily Value*	
Total Fat: 1.5 g	2 %
Saturated Fat: 0 g	0 %
Trans Fat: 0 g	
Cholesterol: 0 mg	0 %
Sodium: 160 mg	7 %
Total Carbohydrate: 25 g	8 %
Dietary Fiber: 2 g	8 %
Sugars: 6 g	
Protein: 3 g	
Vitamin A: 0 %	Vitamin C: 0 %
Calcium: 10 %	Iron: 50 %
*Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Childcare Serving: $\frac{3}{4}$ cup

Percentage Fat: 12.5%

Sugars: 6 grams

Childcare servings per case: 140

PRO Foods Code: QFLC

PRO Foods 302-731-0344 800-783-7310

Kix Cereal

Nutrition Facts	
Serving Size: oz. (g)	
Servings Per Case:	
Amount per Serving	
Calories: 110	Calories from Fat: 5
% Daily Value*	
Total Fat: 1 g	1 %
Saturated Fat: 0 g	0 %
Trans Fat: 0 g	
Cholesterol: 0 mg	0 %
Sodium: 210 mg	9 %
Total Carbohydrate: 25 g	8 %
Dietary Fiber: 3 g	11 %
Sugars: 3 g	
Protein: 2 g	
Vitamin A: 10 %	Vitamin C: 10 %

Childcare Serving: 1.1z

Percentage Fat: 4.5%

Sugars: 3 grams

Childcare servings per case: 94

PRO Foods Code: GMK

PRO Foods 302-731-0344 800-783-7310

Cheerios Cereal

Nutrition Facts	
Serving Size: oz. (g)	
Servings Per Case: .	
Amount per Serving	
Calories: 100	Calories from Fat: 15
% Daily Value*	
Total Fat: 2 g	3 %
Saturated Fat: 0 g	0 %
Trans Fat: 0 g	
Cholesterol: 0 mg	0 %
Sodium: 190 mg	8 %
Total Carbohydrate: 20 g	7 %
Dietary Fiber: 3 g	11 %
Sugars: 1 g	
Protein: 3 g	
Vitamin A: 10 %	Vitamin C: 10 %

Childcare Serving: 1 cup

Percentage Fat: 15%

Sugars: 1 gram

Childcare servings per case: Approx 115

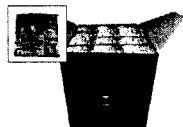
PRO Foods Code: CHERIO

PRO Foods 302-731-0344 800-783-7310

Cinnamon Chex(R) Cereal, Bowlpak, 1oz

Dot #: 607721
Mfr #: 16000-38387
GTIN: 10016000383873
Supplier: General Mills Inc.
Description: Cinnamon Chex(R) Cereal, Bowlpak,
1oz

Images and Attachments



Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	14 x 13 x 16.87
Weight Gross / Net:	10.3 Pounds / 6 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	32°F to 95°F
Pallet Configuration:	Ti:9 Hi:7
Servings Per Container:	96

Features and Benefits

Features:	Whole Grain Rice and Rice? First Ingredient. No high fructose corn syrup. 1 ounce equivalent grain. No Artificial Colors & No Artificial Flavors. Gluten Free.
Preparation and Cooking:	Ready to Eat - Single-serve ready to eat dry cereal.
Storage:	Store in cool dry location

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)		(-) Information is currently not available for this nutrient.																																	
Serving Size 28 g		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**																																	
Servings Per Container 96		** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.																																	
Amount Per Serving																																			
	% Daily Value*																																		
Saturated Fat 0 g	0%																																		
Trans Fat 0 g																																			
Cholesterol 0 mg	0%																																		
Sodium 170 mg	7%																																		
Potassium 40 mg	1%																																		
Total Carbohydrate 23 g	8%																																		
Dietary Fiber 1 g	3%																																		
Sugar 7 g																																			
Protein 1 g																																			
Vitamin A	8%																																		
Vitamin C	8%																																		
Calcium	8%																																		
Iron	40%																																		
Vitamin D	8%																																		
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		Calories per gram:																																	
		Fat 9	Carbohydrate 4 Protein 4																																

Child Nutrition Label:

Ingredients:

Whole Grain Rice, Rice, Sugar, Canola Oil, Salt, Cinnamon, Molasses, Natural Flavor. 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.

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

Cinnamon Chex(R) Cereal, Bowlpak, 1oz

Dot #: 607721

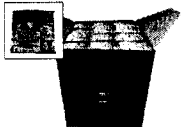
Mfr #: 16000-38387

GTIN: 10016000383873

Supplier: General Mills Inc.

Description: Cinnamon Chex(R) Cereal, Bowlpak,
1oz

Images and Attachments



Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	14 x 13 x 16.87
Weight Gross / Net:	10.3 Pounds / 6 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	32°F to 95°F
Pallet Configuration:	Ti:9 Hi:7
Servings Per Container:	96

Features and Benefits

Features:	Whole Grain Rice and Rice? First Ingredient. No high fructose corn syrup. 1 ounce equivalent grain. No Artificial Colors & No Artificial Flavors. Gluten Free.
Preparation and Cooking:	Ready to Eat - Single-serve ready to eat dry cereal.
Storage:	Store in cool dry location

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)		(-) Information is currently not available for this nutrient.																																	
Serving Size 28 g		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**																																	
Servings Per Container 96		** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDIs that are specified for the intended group provided by the FDA.																																	
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Potassium		3500mg	3500mg																																
Total Carbohydrates		300mg	375mg																																
Dietary Fiber		25mg	30mg																																
		Calories per gram: Fat 9 Carbohydrate 4 Protein 4																																	

Child Nutrition Label:

Ingredients:

Whole Grain Rice, Rice, Sugar, Canola Oil, Salt, Cinnamon, Molasses, Natural Flavor. 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.

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

Wheat Chex(R), Cereal, 14oz

Dot #: 553607

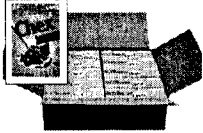
Mfr #: 16000-27549

GTIN: 10016000275499

Supplier: General Mills Inc.

Description: Wheat Chex(R), Cereal, 14oz

Images and Attachments



Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	10 x 11.5 x 13
Weight Gross / Net:	11.1 Pounds / 8.75 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	32°F to 95°F
Pallet Configuration:	Ti:12 Hi:5
Servings Per Container:	84

Features and Benefits

Features:	Great for Breakfast or a snack.
Preparation and Cooking:	Ready to Eat - Ready to eat
Storage:	Keep in a dry cool place.

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)		(-) Information is currently not available for this nutrient.	
Serving Size 47 g		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**	
Servings Per Container 84		** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.	
Amount Per Serving			
Calories 160	Calories from fat 10		
		% Daily Value*	
Saturated Fat 0 g		0%	
Trans Fat 0 g			
Polyunsaturated Fat .5 g			
Cholesterol 0 mg		0%	
Sodium 270 mg		11%	
Potassium 170 mg		5%	
Total Carbohydrate 39 g		13%	
Dietary Fiber 6 g		24%	
Sugar 5 g			
Protein 5 g			
Vitamin A		10%	
Vitamin C		10%	
Calcium		10%	
Iron		80%	
Vitamin D		10%	
Phosphorous		15%	

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Child Nutrition Label:

Ingredients:

Whole Grain Wheat, Sugar, Salt, Molasses, 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 B2 (riboflavin), A B Vitamin (folic acid), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B12, Vitamin D3. CONTAINS WHEAT INGREDIENTS.

Allergens and Diet

Allergens (FDA)

- Peanuts:** Free From
- Tree Nuts:** Free From
- Eggs:** Free From
- Milk:** Free From
- Fish:** Free From
- Molluscs:**
- Crustacean:** Free From
- Soy:** Free From
- Wheat:** Contains
- Sesame Seeds:** Free From
- SO2 &** Free From
- Sulphites:**
- Shellfish:** Free From

Suitable for Diet

Kosher: Yes

CORN FLAKES

Dot #: 489746

Mfr #: 09815

GTIN: 10042400098154

Supplier: The Malt-O-Meal Company

Description: CORN FLAKES

Images and Attachments

Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	9.38 x 16 x 20
Weight Gross / Net:	10.18 Pounds / 8.5 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	35°F to 85°F
Pallet Configuration:	Ti:6 Hi:5

Features and Benefits

Features:

Storage:

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Child Nutrition Label:

Ingredients:

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

Multigrain Cheerios(R), Bowlpak

Dot #: 576233
Mfr #: 16000-32263
GTIN: 10016000322636

Supplier: General Mills Inc.

Description: Multigrain Cheerios(R), Bowlpak

Images and Attachments



Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	18.62 x 13 x 16.75
Weight Gross / Net:	9.8 Pounds / 6 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	32°F to 95°F
Pallet Configuration:	Ti:9 Hi:5
Servings Per Container:	96

Features and Benefits

Features:	1 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Corn - First Ingredients. Whole grain corn, oats, rice, barley and wheat, lightly sweetened. Contains no artificial flavors. Deeper bowl.
Preparation and Cooking:	Ready to Eat - Ready to eat dry cereal in a portable, easy-to-serve bowl.
Storage:	Store in cool dry location

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)		(-) Information is currently not available for this nutrient.	
Serving Size 28 g		* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**	
Servings Per Container 96		** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.	
Amount Per Serving			
	% Daily Value*		
Saturated Fat 0 g	0%		
Trans Fat 0 g			
Cholesterol 0 mg	0%		
Sodium 110 mg	5%		
Potassium 115 mg	3%		
Total Carbohydrate 23 g	8%		
Dietary Fiber 3 g	10%		
Sugar 6 g			
Protein 2 g			
Vitamin A	10%		
Vitamin C	8%		
Calcium	8%		
Iron	90%		
Vitamin D	8%		
Phosphorous	8%		

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

Child Nutrition Label:

Ingredients:

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

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

TOASTY O'S

Dot #: 491259

Mfr #: 09813

GTIN: 10042400098130

Supplier: The Malt-O-Meal Company

Description: TOASTY O'S

Images and Attachments

Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	9.38 x 16 x 20
Weight Gross / Net:	10.18 Pounds / 8.5 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	35°F to 85°F
Pallet Configuration:	Ti:6 Hi:5

Features and Benefits

Features:

Storage:

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Child Nutrition Label:

Ingredients:

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

CRISPY RICE

Dot #: 447600

Mfr #: 90528

GTIN: 10042400905285

Supplier: The Malt-O-Meal Company

Description: CRISPY RICE

Images and Attachments

Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	9.38 x 16 x 20
Weight Gross / Net:	9.68 Pounds / 8 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	35°F to 85°F
Pallet Configuration:	Ti:6 Hi:5

Features and Benefits

Features:

Storage:

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Child Nutrition Label:

Ingredients:

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

RAISIN BRAN

Dot #: 491258

Mfr #: 09816

GTIN: 10042400098161

Supplier: The Malt-O-Meal Company

Description: RAISIN BRAN

Images and Attachments

Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	9.38 x 16 x 20
Weight Gross / Net:	15.26 Pounds / 13.5 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	35°F to 85°F
Pallet Configuration:	Ti:6 Hi:5

Features and Benefits

Features:

Storage:

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Child Nutrition Label:

Ingredients:

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

GOLDEN PUFFS

Dot #: 578221

Mfr #: 90478

GTIN: 10042400904783

Supplier: The Malt-O-Meal Company

Description: GOLDEN PUFFS

Images and Attachments

Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	13 x 16 x 20
Weight Gross / Net:	15.94 Pounds / 13.88 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	35°F to 85°F
Pallet Configuration:	Ti:6 Hi:4

Features and Benefits

Features:

Storage:

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Child Nutrition Label:

Ingredients:

Allergens and Diet

Suitable for Diet

Kosher: Yes

Powered by Sync/PDI

Kix(R), Bowlpak

Dot #: 396311
Mfr #: 16000-11942
GTIN: 10016000119427
Supplier: General Mills Inc.
Description: Kix(R), Bowlpak

Images and Attachments



Product Information

Classification:	Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD):	14.12 x 13 x 16.75
Weight Gross / Net:	6.7 Pounds / 3.75 Pounds
Origin:	(US) UNITED STATES
Storage Temperature:	32°F to 95°F
Pallet Configuration:	Ti:9 Hi:7
Servings Per Container:	96

Features and Benefits

Features:	0.5 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Corn - First Ingredient. Toasted corn, puffed into pieces. No added colors, flavors or artificial preservatives. Kid tested, mother approved.
Preparation and Cooking:	Ready to Eat - Ready to eat dry cereal in a portable, easy-to-serve bowl.
Storage:	Store in cool dry location

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)		(-) Information is currently not available for this nutrient.	
Serving Size	17 g	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**	
Servings Per Container	96	** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.	
Amount Per Serving			
	% Daily Value*		
Saturated Fat	0 g	0%	
Trans Fat	0 g		
Cholesterol	0 mg	0%	
Sodium	100 mg	4%	
Potassium	40 mg	1%	
Total Carbohydrate	15 g	5%	
Dietary Fiber	2 g	6%	
Sugar	2 g		
Protein	1 g		
Vitamin A		6%	
Vitamin C		6%	
Calcium		8%	
Iron		25%	
Vitamin D		4%	
		Calories per gram:	
		Fat	9
		Carbohydrate	4
		Protein	4
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Child Nutrition Label:

Ingredients:

Whole Grain Corn, Corn Meal, Sugar, Corn Bran, 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 B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens and Diet

Suitable for Diet

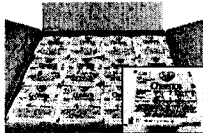
Kosher: Yes

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Cheerios(R), Bowlpak

Dot #: 396301
Mfr #: 16000-11941
GTIN: 10016000119410
Supplier: General Mills Inc.
Description: Cheerios(R), Bowlpak

Images and Attachments



Product Information

Classification: Cereals Products - Ready to Eat (Shelf Stable) (10000284)
Dimensions (HxWxD): 14.12 x 13 x 16.75
Weight Gross / Net: 7.3 Pounds / 4.13 Pounds
Origin: (US) UNITED STATES
Storage Temperature: 32°F to 95°F
Pallet Configuration: Ti:9 Hi:7
Servings Per Container: 96

Features and Benefits

Features: 0.5 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. Contains no artificial flavors. Top seller.

Preparation and Cooking: Ready to Eat - Ready to eat dry cereal in a portable, easy-to-serve bowl.

Storage: Store in cool dry location

Nutritionals and Ingredients

Representation of label(s). The actual nutritional label(s) on the package may vary slightly

Nutrition Facts (Unprepared)		(-) Information is currently not available for this nutrient.	
Serving Size	19 g	* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:**	
Servings Per Container	96	** Percent Daily Values listed below are intended for adults and children over 4 years of age. Foods represented or purported to be for use by infants, children less than 4 years of age, pregnant women, or lactating women shall use the RDI's that are specified for the intended group provided by the FDA.	
Amount Per Serving			
	% Daily Value*		
Saturated Fat	0 g		
Trans Fat	0 g		
Cholesterol	0 mg		
Sodium	95 mg		
Potassium	120 mg		
Total Carbohydrate	14 g		
Dietary Fiber	2 g		
Sugar	1 g		
Protein	2 g		
Vitamin A	10%		
Vitamin C	6%		
Calcium	6%		
Iron	30%		
Vitamin D	6%		
Phosphorous	6%		

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25mg	30mg

Calories per gram:		
Fat	9	
Carbohydrate	4	
Protein	4	

Child Nutrition Label:

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 B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens and Diet

Suitable for Diet

Kosher: Yes

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