



General Mills Sales Inc.

10016000319179 - Cereal Lucky Charms 1 Z Bowl Whl Grain

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



Nutrition Facts

Servings per Container 96
Serving size 1bowl(28g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugar	18%
Protein 2g	
Vitamin D 1.6mcg	8%
Calcium 110mg	8%
Iron 3.6mg	20%
Potassium 0mg	0%

* 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.

Uses New Nutritional Label:

Benefits

A frosted and toasted whole grain oat-based, gluten-free cereal with marshmallow pieces. This ready-to-eat bowl provides convenient portion control and room for milk. Great for breakfast, or as a grab 'n go snack. No high fructose corn syrup. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain standard and whole grain-rich criteria. Great for use in K-12 schools and healthcare. 96 - 1 oz single serve branded bowls per case

Ingredients

Ingredients: 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.

Allergens

Handling Suggestions

Keep in a dry cool place

Serving Suggestions

One Bowlpak

Prep & Cooking Suggestions

Ready to Eat

Product Specifications

Brand		Manufacturer				
		GENERAL MILLS SALES INC.				
MFG #	SPC #	GTIN	Pack	Pack Desc.		
31917000	912214	10016000319179	96	96 / / cs		
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
9.8lb	6lb	USA		No		
Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.75in	13in	18.62in	2.35ft3	9x5	312DAYS	32°F / 95°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1g	Sodium	180mg
Protein	2	Trans Fats	0g	Calcium	110mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	3.6mg
Sugars	9g	Added Sugars	9g	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	1.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

