



G MILLS

057765 - Cereal Lucky Charms Gf Bowlpak Wg

Lucky Charms is a frosted, toasted whole grain cereal with marshmallow pieces. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Oats first ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack (exempt for grain-only entrees), and Gluten-Free.



Nutrition Facts

Servings per Container 60
Serving size 1 Container (56g)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 47g	17%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 19g Added Sugar	38%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
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.

* Benefits

Lucky Charms is a frosted, toasted whole grain gluten-free cereal with marshmallow pieces. Dry cereal comes in a branded, 2 oz, single serve cup - 60 per case. This ready-to-eat cup provides convenient portion control and room for milk. Great for breakfast in the classroom, or as a grab n go item. No high fructose corn syrup. Meets 2 ounce equivalent grain standards. One product with double the benefits: less to inventory, less to store, and less to serve.

Ingredients

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Modified Corn Starch, 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 cool, dry place

Serving Suggestions

One Bowl, serve with or without milk

Prep & Cooking Suggestions

Ready to eat

Product Specifications

Brand	Manufacturer
G MILLS	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
14884000	057765	10016000148847	60	60/2 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
11lb	7.5lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TLxHl	Shelf Life	Storage Temp From/To
16.5in	12.25in	18in	2.11ft3	9x5	312DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	210	Total Fat	2g	Sodium	350mg
Protein	4	Trans Fats	0g	Calcium	0mg
Total Carbohydrates...	47g	Saturated Fat	0g	Iron	0mg
Sugars	19g	Added Sugars	19g	Potassium	0mg
Dietary Fiber	4g	Polyunsaturated Fat	1g	Zinc	0
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

