



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



G MILLS			
Product Formulation Statement for Discontinuing Trade			
(Showing Discontinuation of Certain Ingredients)			
The undersigned hereby certifies that the following ingredients have been discontinued from the product and that the product is being sold as is, without further notice to the consumer.			
Product Name: Lucky Charms Cereal Cups			
Discontinuation Date: 08/15/2025			
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