



G MILLS

058313 - Cereal Golden Grahams Bowlpak Wg

Grab some delicious graham goodness with Golden Grahams Cereal. It's a tasty way to bring a touch of nostalgia to breakfast time! Loved for its irresistible graham cracker deliciousness, each bowl of cold cereal tastes like the iconic pairing of graham crackers and milk for the perfect easy breakfast. This cereal is a Good Source of Vitamin D and contains No High Fructose Corn Syrup. Its CACFP Eligible with 1 oz equivalent grain serving.



\* Benefits

A whole wheat and corn meal cereal with the taste of graham cracker crunch in rectangular, ridged pieces. Comes in 96 convenient 1 oz bowlpaks, perfect for easy breakfasts  
6g added sugars per serving  
No high fructose corn syrup or artificial sweeteners  
Good Source of Vitamin D  
1 oz Equiv Grain, CACFP Eligible and K-12 Regulation Ready

Ingredients

Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Dextrose, Baking Soda, Salt, Natural Flavor, Rosemary Extract.

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, 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

Contains:



wheat

Nutrition Facts

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

Amount per serving  
**Calories 110**

% Daily Value\*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 240mg 10%

Total Carbohydrate 23g 8%

Dietary Fiber 2g 7%

Total Sugars 6g

Includes 6g Added Sugar 12%

Protein 2g

Vitamin D 2mcg 10%

Calcium 90mg 7%

Iron 1.8mg 10%

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.

Handling Suggestions

Keep in a cool, dry place

Serving Suggestions

One Bowlpak

Prep & Cooking Suggestions

Ready to eat

📄 Product Specifications

Brand	Manufacturer
G MILLS	GENERAL MILLS, INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
11943000	058313	10016000119434	96	96/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.35lb	8.9lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
17.3in	13.7in	15in	2.06ft3	9x3	180DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1g	Sodium	240mg
Protein	2	Trans Fats	0g	Calcium	90mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	1.8mg
Sugars	6g	Added Sugars	6g	Potassium	0mg
Dietary Fiber	2g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	2mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

