



G MILLS

058495 - Cereal Lucky Charms Gf Bowlpak Wg

A frosted and toasted whole grain, 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 1 bowl (28g)

Amount per serving
Calories 110

| | % Daily Value* |
|-------------------------|----------------|
| Total Fat 1g | 1% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 170mg | 7% |
| Total Carbohydrate 23g | 8% |
| Dietary Fiber 2g | 7% |
| Total Sugars 9g | |
| Includes 9g Added Sugar | 18% |
| Protein 2g | |
| 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

A frosted and toasted whole grain, gluten-free cereal with marshmallow pieces.
96 - 1 oz single serve branded bowls per case.
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.

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 Bowlpak

Prep & Cooking Suggestions

Ready to eat

Product Specifications

| Brand | Manufacturer |
|---------|---------------------|
| G MILLS | GENERAL MILLS, INC. |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|----------|--------|----------------|------|------------|
| 31917000 | 058495 | 10016000319179 | 96 | 96/1 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 18.8lb | 9.4lb | USA | | No |

| Shipping Information | | | | | | |
|----------------------|-------|---------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 16.75in | 13in | 18.62in | 2.35ft3 | 9x3 | 360DAYS | 40°F / 111°F |



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Nutrition Analysis - By Serving

| | | | | | |
|------------------------|-----|---------------------|------|---------------|-------|
| Calories | 110 | Total Fat | 1g | Sodium | 170mg |
| Protein | 2 | Trans Fats | 0g | Calcium | 0mg |
| Total Carbohydrates... | 23g | Saturated Fat | 0g | Iron | 0mg |
| Sugars | 9g | Added Sugars | 9g | Potassium | 0mg |
| Dietary Fiber | 2g | Polyunsaturated Fat | 0g | Zinc | 0 |
| Lactose | | Monounsaturated Fat | 0g | 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

