



G MILLS

059600 - Cereal Cheerios Bowlpak Gf Wg

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.



Nutrition Facts

Servings per Container 96
Serving size 1bowl (28g)
Amount per serving
Calories 100

	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 21g	8%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugar	2%
Protein 4g	
Vitamin D 2.8mcg	14%
Calcium 90mg	7%
Iron 9mg	50%
Potassium 180mg	4%

* 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

The classic toasted whole grain oat, gluten-free cereal.
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.
Contains no artificial flavors and no colors from artificial sources.
For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.

Ingredients

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), 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 SALES INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
32262000	059600	10016000322629	96	96 / 1 / 1.0 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.8lb	6lb	USA	Yes	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	100	Total Fat	2g	Sodium	140mg
Protein	4	Trans Fats	0g	Calcium	90mg
Total Carbohydrates...	21g	Saturated Fat	0g	Iron	9mg
Sugars	1g	Added Sugars	1g	Potassium	180mg
Dietary Fiber	3g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	0	Vitamin D	2.8mcg	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

