



G MILLS

060973 - Bar Cereal Golden Grahams

A chewy cereal bar made with Golden Grahams(TM) cereal pieces with the taste of graham cracker crunch and brown sugar and individually wrapped to enjoy on-the-go. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria. Available in bulk, 96 - 1.42 oz bars in each case.



Nutrition Facts

Servings per Container 96
Serving size 1bar(40g)

Amount per serving
Calories 150

| | % Daily Value* |
|-------------------------------|----------------|
| Total Fat 3.5g | 4% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 115mg | 5% |
| Total Carbohydrate 30g | 11% |
| Dietary Fiber 3g | 11% |
| Total Sugars 9g | |
| Includes 9g Added Sugar | 18% |
| Protein 2g | |
| Vitamin D 0mcg | 0% |
| Calcium 250mg | 19% |
| Iron 1.3mg | 7% |
| 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

Ingredients

WHOLE GRAIN OATS, CORN SYRUP, WHOLE GRAIN WHEAT, SUGAR, CANOLA OIL, FRUCTOSE, BROWN RICE FLOUR, CORN MEAL, MARSHMALLOWS (SUGAR, CORN SYRUP, MODIFIED CORN STARCH, WATER, GELATIN, NATURAL FLAVOR, SODIUM PHOSPHATE), CHICORY ROOT EXTRACT, MALTODEXTRIN. CONTAINS 2% OR LESS OF: VEGETABLE GLYCERIN, CALCIUM CARBONATE, WHOLE OAT FLOUR, WHOLE CORN FLOUR, WHEAT STARCH, BROWN SUGAR SYRUP, CORN FLOUR, SALT, DEXTROSE, MODIFIED WHEAT STARCH, BAKING SODA, COCOA PROCESSED WITH ALKALI, CARAMEL COLOR, NATURAL FLAVOR, VITAMIN C (SODIUM ASCORBATE), ZINC AND IRON (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. CONTAINS WHEAT; MAY CONTAIN SOY INGREDIENTS.

⚠ Allergens

Contains:

wheat

May Contain:

soy

Handling Suggestions

Store in cool dry location

Serving Suggestions

Serve as is

Prep & Cooking Suggestions

Ready to Eat

📄 Product Specifications

| Brand | Manufacturer | Product Category |
|---------|---------------------|------------------|
| G MILLS | GENERAL MILLS, INC. | Equipment |

| MFG # | SPC # | GTIN | Pack | Pack Desc. |
|----------|--------|----------------|------|------------|
| 31913000 | 060973 | 10016000319131 | 96 | 96/1.42 OZ |

| Gross Weight | Net Weight | Country of Origin | Kosher | Child Nutrition |
|--------------|------------|-------------------|--------|-----------------|
| 10.45lb | 8.52lb | USA | | No |

| Shipping Information | | | | | | |
|----------------------|---------|--------|---------|-------|------------|----------------------|
| Length | Width | Height | Volume | TlxHI | Shelf Life | Storage Temp From/To |
| 17.87in | 12.25in | 6.37in | 0.81ft3 | 8x7 | 248DAYS | 40°F / 111°F |



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Nutrition Analysis - By Serving

| | | | | | |
|------------------------|-----|---------------------|------|--------------|--------|
| Calories | 150 | Total Fat | 3.5g | Sodium | 115mg |
| Protein | 2 | Trans Fats | 0g | Calcium | 250mg |
| Total Carbohydrates... | 30g | Saturated Fat | 0g | Iron | 1.3mg |
| Sugars | 9g | Added Sugars | 9g | Potassium | 0mg |
| Dietary Fiber | 3g | Polyunsaturated Fat | | Zinc | 0.5 |
| Lactose | | Monounsaturated Fat | | Phosphorus | |
| Sucrose | | Cholesterol | 0mg | | |
| Vitamin A(IU) | 0 | Vitamin D | 0mcg | Thiamin | |
| Vitamin A(RE) | | Vitamin E | | Niacin | |
| Vitamin C | 0mg | Folate | 10mg | Riboflavin | 0.04mg |
| Magnesium | | Vitamin B-6 | | Vitamin B-12 | |
| Monosodium | | Sulphites | | Nitrates | |

Additional Images

