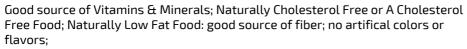


#### MALT-O-MEAL

### 514195 - Cereal Oatmeal Instant Apple Cinn S/O





		<b>Nutrition Fa</b>	cts
200 - 1.51 oz Pouches Maple & Brown Sugar INSTANT OATMEAL	Servings per Container 200 Serving size 1pouch (35g)		
TTEADING Maple	e & Brown Sugar stant Oatmeal	Amount per serving Calories	120
Malt O Meal		% Dai	ily Value*
Feodervice	0.00 42400 11850 7	Total Fat 1g	2%
		Saturated Fat 0g	0%
		Trans Fat 0g	
		Cholesterol 0mg	0%
Benefits		Sodium 200mg	9%
•		Total Carbohydrate 28g	10%
		Dietary Fiber 3g	11%
		Total Sugars 15g	
		Includes 11g Added Sugar	22%
Ingredients	Allergens	Protein 2g	
		Vitamin D 0mcg	0%
Whole grain rolled oats, sugar, dried apple pieces (treated with sodium	Free From:	Calcium 104mg	8%
sulfite to promote color retention),	crustaceans 🔘 eggs 🔊 fish 🕧 milk	Iron 3.6mg	20%
salt, cinnamon, calcium carbonate, guar gum, natural flavors, citric acid,	Speanuts 🛞 soy 💮 tree nuts 🋞 wheat	Potassium 94mg	2%
niacin (niacinamide), vitamin ! Palmitate, reduced iron, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamon monoitrate, folate (folic acid).		* The % Daily Value (DV) tells you how much a serving of food contributes to a daily diet. 2 a day is used for general nutrition advice.	

# -...

			10 0 0 0
Dry			
-		В	rand
		MALT	-O-MEAL
Serving Suggestions	MFG #		SPC #
serve with fruit and/or milk	11851		514195
	Gross Wei	ght	Net Wei
	16.93lb	,	15.13l
Prep & Cooking Suggestions			
DIRECTIONS: MAKE WITH HOT WATER - Empty packet into bowl. Add up to 1/2 cup boiling water, stir. FOR			
THICKER OATMEAL, USE LESS WATER:: 2 PACKETS: Empty packets into bowl. Add 1 cup boiling water, stir.	Length W	/idth	Height
DIRECTIONS: MAKE IN MICROWAVE - Empty packet into microwave-safe bowl. Add up to 2 /3 cup milk or water. Microwave on HIGH 1 to 2 minutes, stir. FOR THICKER	19.5in 9	).8in	9.56in
OATMEAL, USE LESS WATER			

Product Specifications								
	Brand	-	-		Manufactı	Iror		
N	IALT-O-M	EAL		POST FOODSERVICE				
MFG #	SPC	#	(	GTIN	Pack	Pack Desc.		
11851	5141	95	000424	400118510	200	200/1.2OZ		
Gross Weigh	nt Net	Weight Coui		ntry of Origin	Kosher	Child Nutrition		
16.93lb	1	5.13lb		USA	Yes	No		
		_						

Shipping Information								
Length	Width	Height	Volume	TIxHI	Shelf Life	Storage Temp From/To		
19.5in	9.8in	9.56in	1.06ft3	1x1	0DAYS	40°F / 111°F		



Handling Suggestions



#### MALT-O-MEAL

# 514195 - Cereal Oatmeal Instant Apple Cinn S/O



Good source of Vitamins & Minerals; Naturally Cholesterol Free or A Cholesterol Free Food; Naturally Low Fat Food: good source of fiber; no artifical colors or flavors;

Nutrition Analysis - By Serving

Calories	120	Total Fat	1g	Sodium	200mg
Protein	2	Trans Fats	Og	Calcium	104mg
Total Carbohydrates…	28g	Saturated Fat	Og	Iron	3.6mg
Sugars	15g	Added Sugars	11g	Potassium	94mg
Dietary Fiber	3g	Polyunsaturated Fat	Og	Zinc	0
Lactose		Monounsaturated Fat	Og	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-1 2•	
Monosodium		Sulphites		Nitrates	

### Additional Images

