



Nutrition Facts

Servings per Container26

Serving size11/4CUP (38g)

Amount per serving

Calories150

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 1g	
Includes 1g Added Sugar	2%
Protein 4g	
Vitamin D 1.3mcg	7%
Calcium 130mg	10%
Iron 11.4mg	63%
Potassium 140mg	3%

* 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

Excellent Source of 12 Vitamins and Minerals

Ingredients

WHOLE OAT FLOUR, MODIFIED CORN STARCH, WHEAT STARCH, SUGAR, CONTAINS 2% OR LESS OF: SALT, CALCIUM CARBONATE, OAT FIBER, TRIPOTASSIUM PHOSPHATE, VITAMIN C (SODIUM ASCORBATE), TOCOPHEROLS (PRESERVATIVE), REDUCED IRON, VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN D (CHOLECALCIFEROL), VITAMIN B1 (THIAMINE HYDROCHLORIDE), FOLIC ACID, ANNATTO EXTRACT (COLOR), VITAMIN B12 (CYANOCOBALAMIN), BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS A BIOENGINEERED FOOD INGREDIENT

Allergens

Contains:

wheat

Free From:

crustaceans shellfish mollusks
 eggs fish milk peanuts
 sesame soy tree nuts

Handling Suggestions

DRY

Serving Suggestions

1 1/4 CUP

Prep & Cooking Suggestions

Add milk or enjoy right out of the Box

Product Specifications

Brand	Manufacturer
HOSPITALITY	Gilster-Mary Lee Food Service

MFG #	SPC #	GTIN	Pack	Pack Desc.
71923-76244	17080300	10071923762440	4	4 / 35.0 ONZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.75lb	8.75lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
19.81in	10.56in	13.19in	1.59ft3	8x7	365DAYS	50°F / 85°F



Nutrition Analysis - By Serving

Calories	150	Total Fat	2.5g	Sodium	200mg
Protein	4	Trans Fats	0g	Calcium	130mg
Total Carbohydrates...	28g	Saturated Fat	0g	Iron	11.4mg
Sugars	1g	Added Sugars	1g	Potassium	140mg
Dietary Fiber	4g	Polyunsaturated Fat	1g	Zinc	4.8
Lactose		Monounsaturated Fat	1g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	190	Vitamin D	1.3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	19mg	Folate	0mg	Riboflavin	0.5mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images

