24g Whole Grain per serving





* Benefits

24g Whole Grain per serving

Ingredients

WHOLE WHEAT, SUGAR, CONTAINS 2% OR LESS OF: SALT, CORN SYRUP, CALCIUM CARBONATE, IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), NATURAL FLAVOR, VITAMIN A (PALMITATE), TRISODIUM PHOSPHATE, VITAMIN E (ACETATE), NIACINAMIDE, ZINC (ZINC OXIDE), MOLASSES, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS A BIOENGINEERED FOOD INGREDIENT

A Allergens

Contains:



Free From:













sesame soy tree nuts

Nutrition Facts

Servings per Container 26 11/4cup (40g) Serving size

Amount per serving Calories

150

Guiorics	150
% Da	aily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 5g Added Sugar	10%
Protein 3g	
Vitamin D 1.3mcg	7%
Calcium 9mg	1%
Iron 11.3mg	63%
Potassium 200mg	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.

Product Specifications

DRY

Handling Suggestions

Serving Suggestions

1 1/4 cup

Prep & Cooking Suggestions

Add milk or enjoy right out of the Box

Brand	Manufacturer		
HOSPITALITY	Gilster-Mary Lee Food Service		

MFG #		SPC #	GTIN	Pack	Pack Desc.
	71923-76259	17080350	10071923762594	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	TIxHI	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	1g	Sodium	230mg
Protein	3	Trans Fats	0g	Calcium	9mg
Total Carbohydrates	33g	Saturated Fat	0g	Iron	11.3mg
Sugars	5g	Added Sugars	5g	Potassium	200mg
Dietary Fiber	4g	Polyunsaturated Fat	0.5g	Zinc	0.8
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•	500	Vitamin D	1.3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	20mg	Folate	0mg	Riboflavin	0.6mg
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium	_	Sulphites		Nitrates	

Additional Images











