



Golden Grahams™ Cereal Single Serve Bowlpak 1 oz

A whole grain graham cereal with the taste of graham cracker crunch and brown sugar in rectangular, ridged pieces in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.



Product Information:

PRODUCT CODE:	11943000
UPC:	16000119437
GTIN:	10016000119434
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	No Artificial Flavors 1 oz. Eq. Grain Whole Grain No High Fructose Corn Syrup

Ingredients & Allergens

Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Honey, Baking Soda, Salt, Dextrose, Trisodium Phosphate, Natural Flavor. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (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 INGREDIENTS.

Preparation Instructions

Ready to eat

Package Information:

NET WEIGHT:	N/A
VOLUME:	1.8 CF
HEIGHT:	14.1
LENGTH:	16.8

WIDTH:	96
CASE SIZE:	13

Nutrition Facts

Serving Size	1 Bowl (28g)		100g
Calories	As Packaged 110		As Packaged 376
		% DV	% DV
Total Fat	1g	1%	4g
Saturated Fat	0g	0%	0g
Trans Fat	0g		0g
Cholesterol	0mg	0%	0mg
Sodium	210mg	9%	758mg
Total Carbohydrate	24g	9%	85g
Dietary Fiber	1g	4%	4g
Total Sugars	9g		30g
Incl. Added Sugars	9g	18%	30g
Protein	1g		5g
Vitamin D	1.2mcg	6%	5mcg
Calcium	90mg	6%	325mg
Iron	1.8mg	10%	9mg
Potassium	0mg	0%	184mg
Vitamin A		6%	1091IU
Vitamin C		6%	23mg
Thiamin		10%	1mg
Riboflavin		6%	0mg
Niacin		6%	4mg
Vitamin B6		10%	1mg
Folate		10%	200mcg
Folic Acid	30mcg		113mcg
Vitamin B12		10%	1mcg
Phosphorus		4%	162mg
Magnesium		4%	45mg
Zinc		10%	6mg

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* Not a significant nutrient source

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

* Do not eat raw dough or batter.

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Product Photos:



