



## Lucky Charms™ Cereal Single Serve K12 2oz Eq Grain

Lucky Charms is a frosted, toasted whole grain oat-based cereal with marshmallow pieces. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Oats—first ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack (exempt for grain-only entrees), and Gluten-Free.



### Product Information:

<b>PRODUCT CODE:</b>	14884000
<b>UPC:</b>	16000148840
<b>GTIN:</b>	10016000148847
<b>UNIT SIZE:</b>	2
<b>CASE COUNT:</b>	60
<b>ATTRIBUTES:</b>	Zero Trans Fat 2 oz. Eq. Grain Whole Grain No High Fructose Corn Syrup Gluten Free

### Ingredients & Allergens

Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. 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.

Does Not Contain Obligatory Allergens

### Preparation Instructions

Ready to eat

### Package Information:

<b>NET WEIGHT:</b>	N/A
<b>VOLUME:</b>	2.1 CF
<b>HEIGHT:</b>	18

<b>LENGTH:</b>	16.5
<b>WIDTH:</b>	60
<b>CASE SIZE:</b>	12.3

## Nutrition Facts

Serving Size	1 Container (56g)		100g
Calories	As Packaged <b>210</b>		As Packaged <b>390</b>
		% DV	% DV
<b>Total Fat</b>	2.5g	<b>3%</b>	4g
Saturated Fat	0g	<b>0%</b>	0g
Trans Fat	0g		0g
Polyunsaturated Fat	1g		2g
Monounsaturated Fat	1g		2g
<b>Cholesterol</b>	0mg	<b>0%</b>	0mg
<b>Sodium</b>	360mg	<b>16%</b>	640mg
<b>Total Carbohydrate</b>	46g	<b>17%</b>	83g
Dietary Fiber	4g	<b>13%</b>	6g
Total Sugars	19g		33g
Incl. Added Sugars	19g	<b>38%</b>	33g
<b>Protein</b>	5g		8g
Vitamin D	3.1mcg	<b>15%</b>	6mcg
Calcium	200mg	<b>15%</b>	360mg
Iron	5.6mg	<b>30%</b>	10mg
Potassium	120mg	<b>2%</b>	220mg
Vitamin A		<b>15%</b>	1155IU
Vitamin C		<b>15%</b>	25mg
Thiamin		<b>30%</b>	1mg
Riboflavin		<b>15%</b>	0mg
Niacin		<b>15%</b>	4mg
Vitamin B6		<b>30%</b>	1mg
Folate		<b>30%</b>	220mcg
Folic Acid	70mcg		125mcg
Vitamin B12		<b>30%</b>	1mcg
Phosphorus		<b>15%</b>	290mg
Magnesium		<b>10%</b>	90mg
Zinc		<b>30%</b>	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:



