



Lucky Charms™ Cereal Single Serve Bowlpak 1 oz

A frosted and toasted whole grain oat-based, gluten-free cereal with marshmallow pieces in a ready-to-eat bowl for convenient, single serve portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain and whole grain-rich criteria.



Product Information:

| | |
|----------------------|--|
| PRODUCT CODE: | 31917000 |
| UPC: | 16000319172 |
| GTIN: | 10016000319179 |
| UNIT SIZE: | 1 |
| CASE COUNT: | 96 |
| ATTRIBUTES: | 1 oz. Eq. Grain Zero Trans Fat Whole Grain No High Fructose Corn Syrup Gluten Free |

Ingredients & Allergens

Ingredients: 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:

| | |
|--------------------|--------|
| NET WEIGHT: | N/A |
| VOLUME: | 2.3 CF |

| | |
|-------------------|------|
| HEIGHT: | 18.6 |
| LENGTH: | 16.8 |
| WIDTH: | 96 |
| CASE SIZE: | 13 |

Nutrition Facts

| Serving Size | 1 Bowl (28g) | | 100g |
|---------------------------|---------------------------|------|---------------------------|
| Calories | As Packaged 110 | | As Packaged 390 |
| | | % DV | % DV |
| Total Fat | 1g | 2% | 4g |
| Saturated Fat | 0g | 0% | 0g |
| Trans Fat | 0g | | 0g |
| Cholesterol | 0mg | 0% | 0mg |
| Sodium | 180mg | 8% | 640mg |
| Total Carbohydrate | 23g | 8% | 83g |
| Dietary Fiber | 2g | 6% | 6g |
| Total Sugars | 9g | | 33g |
| Incl. Added Sugars | 9g | 18% | 33g |
| Protein | 2g | | 8g |
| Vitamin D | 1.4mcg | 6% | 6mcg |
| Calcium | 90mg | 6% | 360mg |
| Iron | 2.8mg | 15% | 10mg |
| Potassium | 0mg | 0% | 220mg |
| Vitamin A | | 6% | 1155IU |
| Vitamin C | | 6% | 25mg |
| Thiamin | | 15% | 1mg |
| Riboflavin | | 6% | 0mg |
| Niacin | | 6% | 4mg |
| Vitamin B6 | | 15% | 1mg |
| Folate | | 15% | 220mcg |
| Folic Acid | 35mcg | | 125mcg |
| Vitamin B12 | | 15% | 1mcg |
| Phosphorus | | 6% | 290mg |
| Magnesium | | 6% | 90mg |
| Zinc | | 15% | 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:



