



# Cheerios(R), Bowlpak



Gluten Free. 0.5 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. Contains no artificial flavors. Top seller.

Product Last Saved Date: 11 December 2018

## Nutrition Facts

96 Servings per container

**Serving Size 1 Bowl (19g)**

Amount Per Serving

**Calories 70**

% Daily Value\*

**Total Fat** 1 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

**Cholesterol** 0 mg **0%**

**Sodium** 95 mg **4%**

**Total Carbohydrate** 14 g **5%**

Dietary Fiber 2 g **7%**

Total Sugars 1 g

Includes g Added Sugars %

**Protein** 2 g

Vitamin D mg **6%**

Calcium 0 mg **6%**

Iron 0 mg **30%**

Potassium 120 mg **3%**

\*The % Daily Values (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:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
16000-11941	235961	10016000119410	96 X 0.69 ONZ	

Brand	Brand Owner	GPC Description
Cheerios(R)	General Mills Inc.	Cereals Products - Ready to Eat (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
7.3 LBR	4.128 LBR	USA	Yes	No

### Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16.75 INH	13 INH	14.12 INH	1.7793 FTQ	9x 7	312	32 FAH / 95 FAH

### Ingredients :

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness, Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - NI	Milk - NI	Peanuts - NI
Soy - NI	Wheat - NI	TreeNuts - NI
Fish - NI	Crustacean - NI	

### Handling Suggestions :

Store in cool dry location

### Benefits :

0.5 OZ EQ GRAIN. Meets USDA Whole Grain-Rich Criteria. Whole Grain Oats - First Ingredient. Toasted, whole grain oat cereal in ring-shaped pieces. Contains no artificial flavors. Top seller.

### Serving Suggestions :

Great for use in K-12 schools, hospital patient dining and retirement/longterm care facilities.

### Prep & Cooking Suggestions :

Ready to eat dry cereal in a portable, easy-to-serve bowl.

### More Information :



Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weight per oz equivalent)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Cheerios® Bowlpak Code No.: 16000-11941

Manufacturer: General Mills, Inc. Serving Size 11/16 oz (19g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No How many grams:
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group Indicate to which Exhibit A Group (A-I) the Product Belongs: I

Table with 4 columns: Description of Product per Food Buying Guide, Portion Size of Product as Purchased (A), Weight of one ounce equivalent as listed in SP 30-2012 (B), and Creditable Amount (A ÷ B). Row 1: Ready to Eat Cereal, 19g, 28g, 19g ÷ 28g = 0.67. Row 2: Total Creditable Amount, 0.5.

1Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 11/16 oz (19g)
Total contribution of product (per portion) 0.5 oz equivalent

I further certify that the above information is true and correct and that a 19g/11/16 ounce portion of this product (ready for serving) provides 0.5 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

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