



Honey Nut Cheerios(R), Bowlpak



Honey Nut Cheerios(TM) is a whole grain, gluten-free cereal with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, portion control. Meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.

Product Last Saved Date: 11 December 2018

Nutrition Facts

96 Servings per container

Serving Size 1 Bowl (28g)

Amount Per Serving

Calories 110

% Daily Value*

Total Fat 1.5 g **2%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 160 mg **7%**

Total Carbohydrate 22 g **7%**

Dietary Fiber 2 g **8%**

Total Sugars 9 g

Includes g Added Sugars %

Protein 2 g

Vitamin D mg 10%

Calcium 0 mg 10%

Iron 0 mg 25%

Potassium 115 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
16000-11918	509396	10016000119182	96 X 1.00 ONZ	

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

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
9.2 LBR	6 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, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran Oil and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. CONTAINS ALMOND INGREDIENTS.

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 - C
Fish - NI	Crustacean - NI	

Handling Suggestions :

Store in cool dry location

Benefits :

General Mills offers 8 of the top 10 K-12 bowlpaks. Great for use in K-12 schools and healthcare.

Serving Suggestions :

Great for breakfast, as a meal replacement or snack.

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
weights 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: Honey Nut Cheerios® Bowlpak Code No.: 16000-11918

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)
(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 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, 28g, 28g, 28g ÷ 28g = 1.0. Row 2: Total Creditable Amount¹, 1.00.

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 1.0 OZ (28g)
Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.00 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.

Anh-Tram Pham
Anh-Tram Pham, MPH, RD
Labeling and Regulatory Compliance Specialist, K12 Education
February 23, 2018