



Gilster-Mary Lee Food Service

P.O. Box 227
 1037 State Street
 Chester, Illinois 62233
 Phone: 800-851-5371
 Fax: 618-826-1043

PRODUCT SPECIFICATIONS

Label: HOSPITALITY	Pack Size: 4/35 OZ	Case Dim.: 19.44 X 10.63 X 13.13
Description: APPLE WHIRLS	Net Wt.: 8.75 LBS	Storage: DRY 50°-85°F
MFG Item #: 71923 76254	Gross Wt.: 9.75 LBS	Shelf Life: 365 DAYS
14-digit GTIN: 100 71923 76254 9	Cube: 1.59	Date Code: Expiration
12-digit UPC: 0 71923 76254 2	Pallet TI-HI: 8 X 7	Kosher: YES

NUTRITIONAL INFORMATION

Serving Size: 1 CUP (33g) Svg/Container: APPROX 30		INGREDIENT STATEMENT	
AMOUNT PER SERVING -		CEREAL W/1/2 CUP VITAMINS A & D SKIM MILK	
	DRY		
Calories:	120		170
Fat Calories:	0		5
% DAILY VALUE**			
Total Fat:	0g	0%	1%
Saturated Fat:	0g	0%	0%
Trans Fat:	0g		
Cholesterol:	0mg	0%	1%
Sodium:	150mg	6%	9%
Potassium:	40mg	1%	7%
Total Carbohydrates:	29g	10%	12%
Dietary Fiber:	<1g	2%	2%
Sugars:	16g		
Protein:	2g		
Vitamin A:	15%		20%
Vitamin C:	25%		25%
Calcium:	10%		25%
Iron:	25%		25%
Vitamin D:	10%		25%
Thiamin:	25%		30%
Riboflavin:	25%		35%
Niacin:	25%		25%
Vitamin B6:	25%		25%
Folate:	50%		50%
Vitamin B12:	25%		35%
Phosphorous:	4%		15%
Magnesium:	2%		6%
Zinc:	25%		30%

INGREDIENTS:
 SUGAR, YELLOW CORN FLOUR, ENRICHED FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE OAT FLOUR, SALT, CALCIUM CARBONATE, APPLE JUICE CONCENTRATE, CORN CEREAL, COLOR (YELLOW 6, BLUE 1, TURMERIC EXTRACT, RED 40, ANNATTO EXTRACT), CORN SYRUP, CINNAMON, DEHYDRATED APPLES, FOOD STARCH-MODIFIED, PARTIALLY HYDROGENATED VEGETABLE SHORTENING (CONTAINS SOYBEAN AND COTTONSEED OIL)

VITAMINS AND MINERALS:
 VITAMIN C (ASCORBIC ACID, SODIUM ASCORBATE), VITAMIN A (PALMITATE), IRON (FERROUS FUMARATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

ALLERGENS:
 WHEAT

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

* Amount in cereal.

** Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower, depending on your calorie needs.