



Lucky Charms™ Gluten Free 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, portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain and whole grain-rich criteria.



Product Information:

PRODUCT CODE: 31917000
UPC: 016000319172
GTIN: 10016000319179
UNIT SIZE: 1 OZ
CASE COUNT: 96
ATTRIBUTES: Gluten-Free
 Zero Trans Fat
 Whole Grain
 1 oz. Eq. Grain
 No High Fructose Corn Syrup

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.

ALLERGENS:

Preparation Instructions:

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

Package Information:

NET WEIGHT N/A
VOLUME: 2.346 CF
HEIGHT: 18.62 IN
LENGTH: 16.75 IN
WIDTH: 13 IN
CASE SIZE: 2.346 CF

Nutrition Information:

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	1.6mcg	6%	6mcg
Calcium	110mg	6%	360mg
Iron	3.6mg	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	40mcg		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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