

Cheerios(TM) Cereal Single Serve Bowlpak 1 oz

UPC: **16000322622**

Information Accurate as of: **May 28, 2024**

DESCRIPTION

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.

Case GTIN: **10016000322629**

Unit Weight: **1 OZ**

Units per case: **96**

Nutrition Facts

1 Bowl (28g)
Serving Size

Calories per serving **100**

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 2g	2%	Sodium 140mg	6%
Saturated Fat 0g	0%	Total Carbohydrate 21g	8%
Trans Fat 0g		Dietary Fiber 3g	11%
Cholesterol 0mg	0%	Total Sugars 1g	
		Soluble Fiber 1g	
		Includes 1g Added Sugars	2%
		Protein 4g	
Vitamin D 2.8mcg	10%	Calcium 90mg	6%
Potassium 180mg	4%	Vitamin A 25mcg	6%
Thiamin	10%	Niacin 25mcg	6%
Folate	10%	(25mcg Folic Acid)	10%
Zinc	10%		

* The % Daily Value (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.

* Not a significant nutrient source

Nutrition Facts

Calories Approx Per 100g **367**

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 7g		Sodium 498mg	
Saturated Fat 1g		Total Carbohydrate 74g	
Trans Fat 0g		Dietary Fiber 11g	
Cholesterol 0mg		Total Sugars 5g	
		Soluble Fiber 5g	
		Includes 3g Added Sugars	
		Protein 13g	
Vitamin D 10mcg		Calcium 333mg	
Potassium 653mg		Vitamin A 142IU	
Thiamin 1mg		Niacin 4mg	
Folate 205mcg		(115mcg Folic Acid)	
Zinc 6mg			

* The % Daily Value (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.

* Not a significant nutrient source

INGREDIENTS & ALLERGENS: 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.

KOSHER APPROVAL: OU



GENERAL MILLS

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (Crediting Standards Based on Exhibit A Weights per Ounce Equivalent)

Program operators 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. Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Product Name: Cheerios® Bowlpak Code No.: 16000-32262
Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28)

I. Does the product meet the whole grain-rich criteria: Yes X No

II. Does the product contain non-creditable grains: Yes X No How many grams: <6.99g (Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16g creditable grains per oz eq; Groups H and I use the standard of 28g creditable grain per oz eq or volume.)

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

Table with 4 columns: Description of Product per Exhibit A, Portion Size of Product as Purchased (A), Weight of One Oz Eq as Listed in Exhibit A (B), and Creditable Amount (A ÷ B). Row 1: Ready to Eat Cereal, 28g, 28g, 28g ÷ 28g = 1.0. Row 2: Total Creditable Amount, 1.0.

1 Total 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 eq

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 eq grains. I further certify that non-creditable grains are not above 0.24 oz eq per portion. Products with more than 0.24 oz eq or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.

Handwritten signature of Wendy Ramaker

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
April 19, 2024

Exhibit A