



## Multigrain Cheerios™ Bowlpak Cereal

Whole Grain Oats- First ingredients. Whole grain oats, corn, and rice, lightly sweetened. Provides 10 vitamins and minerals per 28g serving. No Colors From Artificial Sources & No Artificial Flavors. Whole Grain. 1 oz Eq. Grain.

**UNIT SIZE:** 1 OZ  
**CASE COUNT:** 96

**PRODUCT CODE:** 32263000  
**UPC:** 016000322639  
**GTIN:** 10016000322636

### Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
<b>Calories</b>	100	
Calories From Fat	10	
		<b>% Daily Value*</b>
<b>Total Fat</b>	1g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	110mg	5%
<b>Potassium</b>	115mg	3%
<b>Total Carbohydrate</b>	23g	8%
Dietary Fiber	3g	10%
Sugars	6g	
<b>Protein</b>	2g	
Vitamin A	10%	
Vitamin C	8%	
Calcium	8%	
Iron	90%	
Vitamin D	8%	
Thiamin	100%	
Riboflavin	100%	
Niacin	90%	
Vitamin B6	100%	
Folic Acid	90%	
Vitamin B12	90%	
Phosphorus	8%	
Magnesium	4%	
Zinc	90%	
Pantothenic Acid	90%	

\* 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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### Ingredients

Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color and annatto extract). Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B12, Vitamin D3.



Kosher:

### Preparation Instructions:

1. 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

### KEY FEATURES:

- Gluten-Free
- Whole Grain
- 1 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources