



Golden Grahams® Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain. Top seller. Loved by adults and kids.
ALLERGENS: CONTAINS WHEAT INGREDIENTS

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 11943000
UPC: 016000119437
GTIN: 10016000119434

Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
Calories	100	
Calories From Fat	10	
Total Fat	1g	% Daily Value* 1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	220mg	9%
Potassium	60mg	2%
Total Carbohydrate	24g	8%
Dietary Fiber	1g	6%
Sugars	8g	
Protein	1g	
Vitamin A	8%	
Vitamin C	8%	
Calcium	8%	
Iron	20%	
Vitamin D	8%	
Thiamin	20%	
Riboflavin	20%	
Niacin	20%	
Vitamin B6	20%	
Folic Acid	20%	
Vitamin B12	20%	
Zinc	20%	

* 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.
 * Nutritional information is subject to change. See product label to verify ingredients and allergens.

Ingredients

Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Natural Flavor. 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.



Kosher:

Package Information

NET WEIGHT: N/A
 VOLUME: 1.779 CF
 HEIGHT: 14.12 IN
 LENGTH: 16.75 IN
 WIDTH: 13 IN
 CASE SIZE: 1.779 CF