GENERAL MILLS
BAKERIES & FOODSERVICE

Printed: 04/29/2013

16000-11768
Frosted Corn Flakes Self-Serve Bowl Ⓜ
NET WT 1 OZ (28g)

INGREDIENTS:
Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Corn Syrup, Brown Sugar Syrup, Malt Syrup, Color Added, Trisodium Phosphate, Distilled Monoglycerides, Sodium Citrate, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) **and BHT 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 B1** (thiamin mononitrate), **Vitamin A** (palmitate), **Vitamin B2** (riboflavin), **A B Vitamin** (folic acid), **Vitamin B12, Vitamin D3.**

MAY CONTAIN WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 bowl (28g) (3/4 cup)

Amount Per Serving	
Calories	100
Calories from Fat	5
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 40mg	1%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 8g	
Protein 1g	

Vitamin A	10%	Vitamin C	8%
Calcium	15%	Iron	35%
Vitamin D	10%	Thiamin	20%
Riboflavin	20%	Niacin	20%
Vitamin B6	20%	Folic Acid	35%
Vitamin B12	20%	Zinc	15%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Information

100g

Amount Per Serving	
Calories	372.8
Calories from Fat	18.8
Total Fat	2.1 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Cholesterol	0.0 mg
Sodium	686.4 mg
Potassium	154.3 mg
Total Carbohydrate	85.6 g
Dietary Fiber	3.4 g
Sugars	29.2 g
Protein	5.4 g

Vitamin A	1785.7 IU	Vitamin C	17.1 mg
Calcium	535.7 mg	Iron	22.5 mg
Vitamin D	142.9 IU	Thiamin	1.1 mg
Riboflavin	1.2 mg	Niacin	14.3 mg
Vitamin B6	1428.6 mcg	Folic Acid	500.0 mcg
Vitamin B12	4.3 mcg	Phosphorus	142.9 mg
Zinc	8.0 mg		

CHILD NUTRITION PROGRAM: 1.0 SERVING = 1.0 OZ EQ GRAIN

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling

GENERAL MILLS

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weights per oz equivalent)

School Food Authorities (SFAs) 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. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Frosted Corn Flakes ® Bowlpak Code No.: 16000-11768

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(*Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.*)

II. Does the product contain non- creditable grains: Yes___ No___ **How many grams:**
(*Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)*

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (*Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)*
Indicate which Exhibit A Group Indicate to which Exhibit A Group (A-I) the Product Belongs: I

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
Ready to Eat Cereal	28g	28g	28g ÷ 28g = 1.0
Total Creditable Amount[1]			1.00

[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 1.00 OZ (28g)
Total contribution of product (per portion) 1.00 oz equivalent

I certify that the above information is true and correct and that a 28g/1.00 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Rose Tobelmann

Signature

Director
Title

Rose Tobelmann, MS, RD
Printed Name

8/6/2013
Date

1-800-767-5404
Phone Number

SCHAWK!
2626 2nd Street NE.
Minneapolis, MN
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612 789 8514
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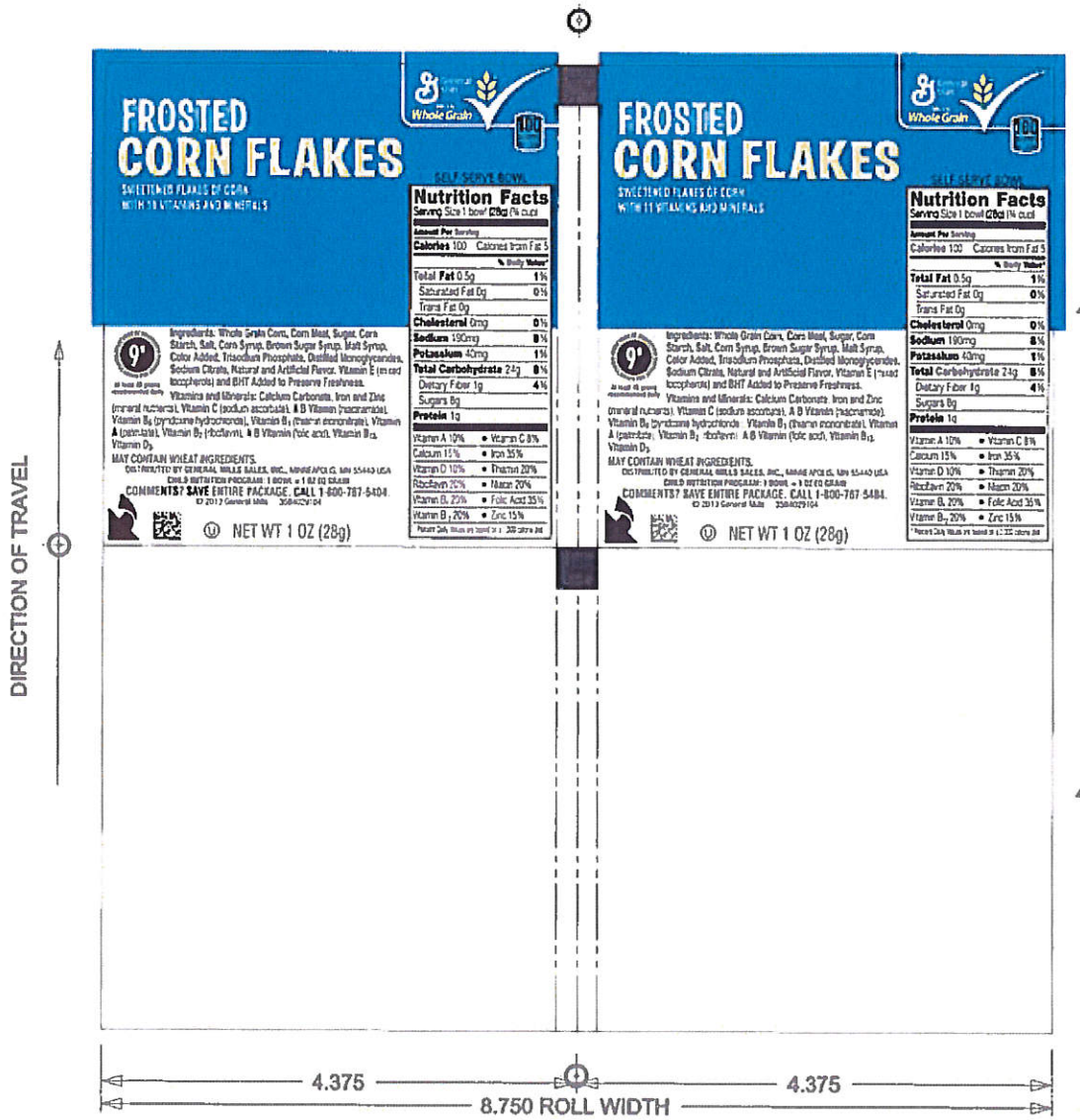
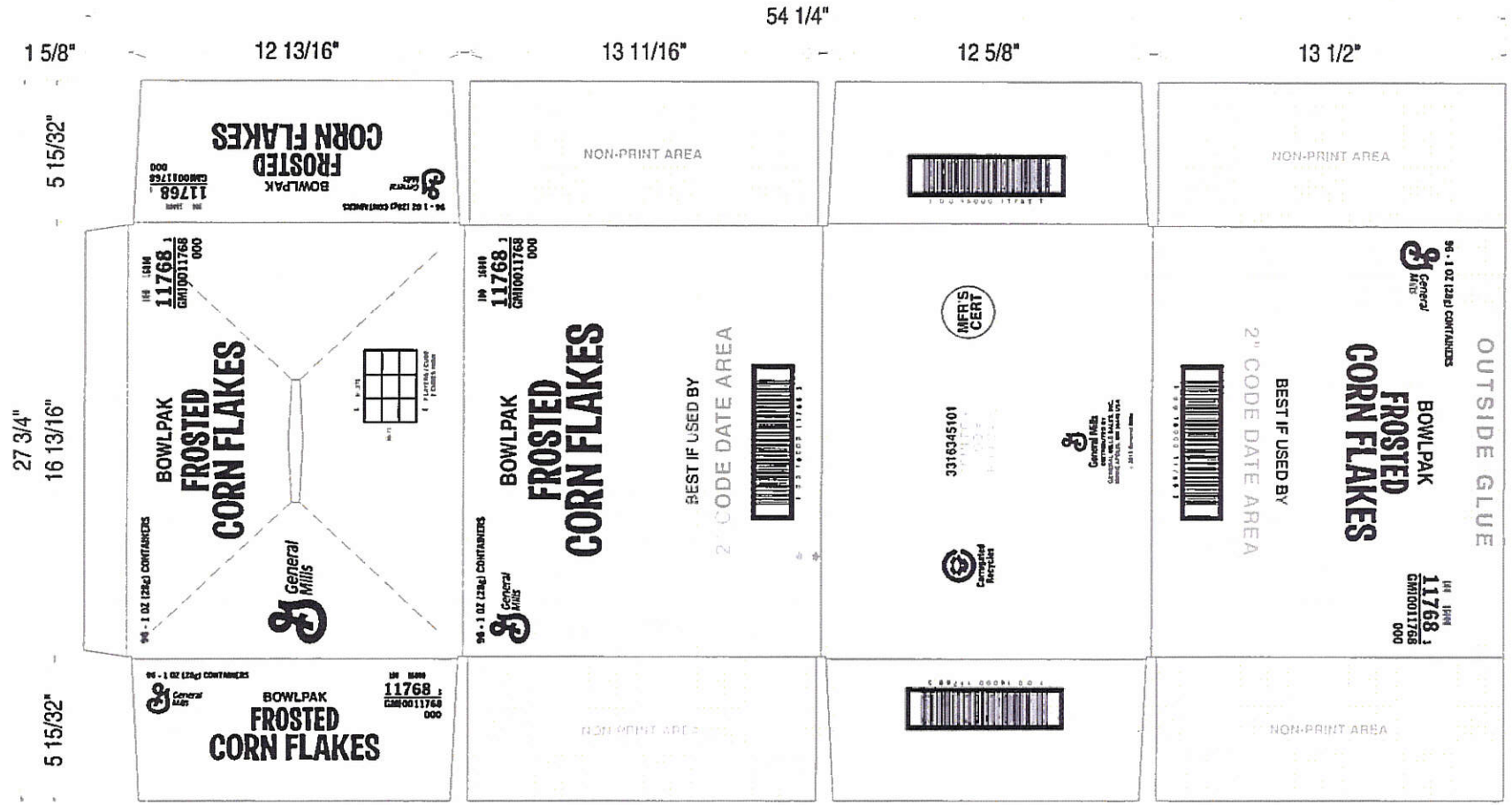


P1-RD-42644 REV NO.4 (07-24-2009) SQUARE LIDSTOCK FOR FSD BOWL PACK CEREALS
DRAWN BY: PETE ULSTROM DATE: 02-17-2000
SENT: 07-28-2009

"SCHAWK! - FOR INTERNAL USE ONLY"

Container Graphics Corporation	*Customer:* GENERAL MILLS FS	*Description:* P1-RD-42138 REV 7 GMI DATE (11/8/2010) 3111768105 FROSTED CORN FLAKES BOWLPAK
	Date: 2/6/13 *Job-Rev:* 475395-3v3	*Colors:* BLACK



Container Graphics Corporation

Customer: GENERAL MILLS FS *Description:* P1-RD-45790 REV 0 GMI DATE (3/6/2008) 3316345101 FROSTED CORN FLAKES BOWLPAK

Date: 2/6/13 *Job-Rev:* 475397-3v3 *Colors:* BLACK