



16000-31912
Fruity Cheerios
Cereal Bar
Naturally Flavored
NET WT 1.42 OZ (40g)

INGREDIENTS:

Whole Grain Oats, Cereal (whole grain corn, sugar, whole grain oats, corn syrup, rice bran and/or canola oil, calcium carbonate, pear puree concentrate, salt, whole grain corn flour, corn bran, trisodium phosphate, Vitamin C [sodium ascorbate], natural flavor, color [red 40, yellow 6, blue 1 and other color added], zinc and iron [mineral nutrients], sodium citrate, 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, mixed tocopherols, BHT and ascorbic acid added to retain freshness), **Corn Syrup, Fructose, Sugar, Rice Bran And/or Canola Oil, Chicory Root Extract, Whole Wheat Flour, Maltodextrin, Brown Rice Flour. Contains 2% or less of:** Glycerin, Calcium Carbonate, Corn Flour, Whole Oat Flour, Wheat Starch, Salt, Gelatin, Baking Soda, Color (red 40, yellow 5), Natural and Artificial Flavor, Soy Lecithin. BHT Added to Retain Freshness.

CONTAINS WHEAT AND SOY INGREDIENTS.

NUTRITION FACTS Serving Size: 1 bar (40g), Amount Per Serving: **Calories 150**, Calories from Fat 30, **Total Fat 3g** (5% DV), **Saturated Fat 0.5g** (3% DV), **Trans Fat 0g**, **Cholesterol 0mg** (0% DV), **Sodium 105mg** (4% DV), **Total Carbohydrate 30g** (10% DV), **Dietary Fiber 3g** (12% DV), **Sugars 9g**, **Protein 2g**, Vitamin A (2% DV), Vitamin C (8% DV), Calcium (20% DV), Iron (10% DV), Vitamin D (2% DV), Thiamin (8% DV), Riboflavin (8% DV), Niacin (6% DV), Vitamin B6 (8% DV), Folic Acid (10% DV), Vitamin B12 (6% DV), Zinc (6% DV) . Percent Daily Values are based on a 2,000 calorie diet.

NUTRITION INFORMATION	
100g	
Amount Per Serving	
Calories	378.8
Calories from Fat	74.9
Total Fat	8.3 g
Saturated Fat	1.5 g
Trans Fat	0.0 g
Cholesterol	0.0 mg
Sodium	253.2 mg
Total Carbohydrate	74.5 g
Dietary Fiber	7.6 g
Sugars	23.3 g
Protein	5.9 g
Vitamin A	500.0 IU
Vitamin C	15.0 mg
Calcium	625.0 mg
Iron	4.5 mg
Vitamin D	20.0 IU
Thiamin	0.4 mg
Riboflavin	0.4 mg
Niacin	4.0 mg
Vitamin B6	500.0 mcg
Folic Acid	150.0 mcg
Vitamin B12	1.2 mcg
Zinc	3.8 mg

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. Sonam Sethi - General Mills Product Labeling



GENERAL MILLS

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)

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: Fruity Cheerios® Cereal Bar Code No.: 16000-31912

Manufacturer: General Mills, Inc. Serving Size 1.42 OZ (40g)
(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 X No How many grams: <3.99g
(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, Group H or Group I. (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)

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

Table with 4 columns: Description of Creditable Grain Ingredient*, Grams of Creditable Grain Ingredient per Portion A, Gram Standard of Creditable Grain per oz equivalent (16g or 28g) B, Creditable Amount A ÷ B. Row 1: Whole Grain Oats, Whole Grain Corn, Brown Rice Flour, Whole Wheat Flour, Whole Oat Flour, Whole Grain Corn Flour. Row 2: Total Creditable Amount 1.0

1 Creditable grains are whole-grain meal/flour and enriched meal/flour.
2 (Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.
3 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 1.42 OZ (40g)
Total contribution of product (per portion) 1.00 oz equivalent

I certify that the above information is true and correct and that a (40g) 1.42 OZ 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.

Signature: Rose Tobelmann, MS, RD
Director: Rose Tobelmann
Printed Name: Rose Tobelmann, MS, RD
Date: 8/15/2013
Phone Number: 1-800-767-5404

SCHAWKI
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 Minneapolis, MN
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Byrd's F1144 Green
 Byrd's F1144 Orange

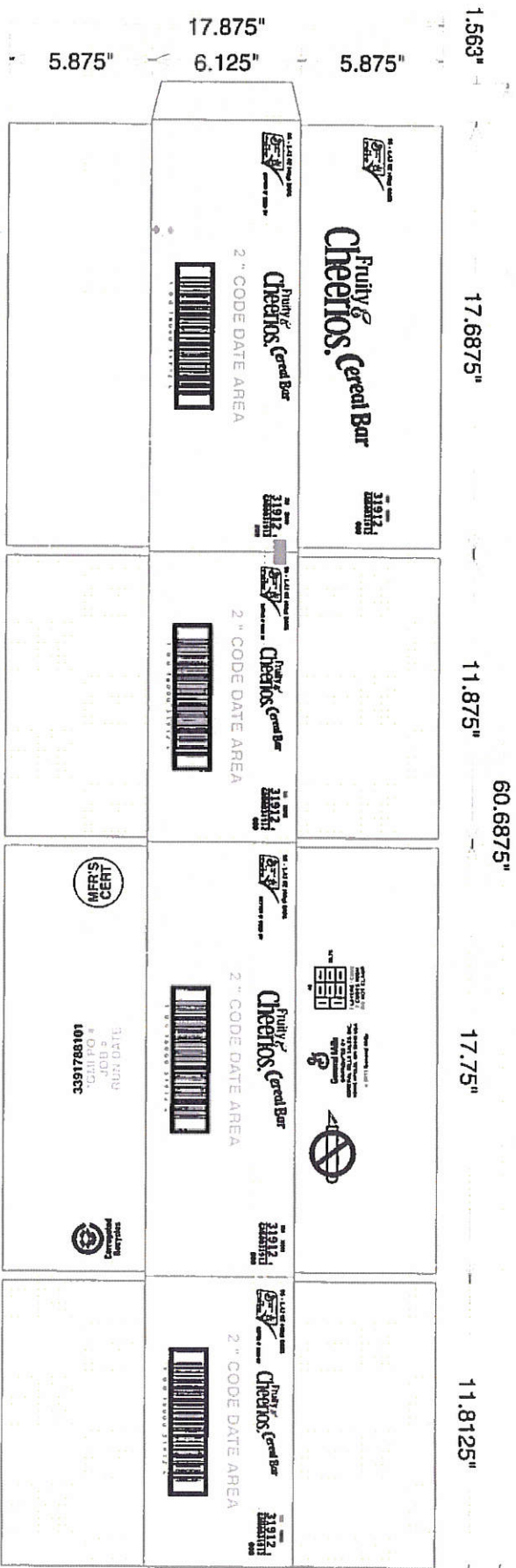


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P1-RD-46837 REV NO. 4 (04-04-2012) BOTG CEREAL BARS EXTRA LENGTH POUCH
 DRAWN BY: PETE ULSTROM DATE: 11-15-2010
 SENT: 04-09-2012

SCHAWKI - FOR INTERNAL USE ONLY




 Constellation Graphics Corporation
 Customer: GENERAL MILLS FS Description: CD-102116 REV 0 GMI DATE (3/9/2007) 3391788101 FRUITY CHEERIOS CEREAL BAR
 Date: 1/24/13 Job-Rev: 475090-1V1 Colors: BLACK