



16000-32262
Cheerios
Toasted Whole Grain Oat Cereal
BOWLPAK
 NET WT 1 OZ (28g)

Printed: 11/15/2013

Ingredients:

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. 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.

Nutrition Facts			
Serving Size 1 Bowl (28g) (1 cup)			
Amount Per Serving			
Calories	100		
Calories from Fat	15		
		% Daily Value*	
Total Fat 2g	3%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 140mg	6%		
Potassium 180mg	5%		
Total Carbohydrate 20g	7%		
Dietary Fiber 3g	11%		
Sugars 1g			
Protein 3g			
Vitamin A	10%	Vitamin C	10%
Calcium	10%	Iron	45%
Vitamin D	10%	Thiamin	25%
Riboflavin	2%	Niacin	25%
Vitamin B6	25%	Folic Acid	50%
Vitamin B12	25%	Phosphorus	10%
Magnesium	8%	Zinc	25%

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

Nutrition Information			
100g			
Amount Per Serving			
Calories	376.1		
Calories from Fat	57.2		
Total Fat	6.4 g		
Saturated Fat	1.5 g		
Trans Fat	0.0 g		
Cholesterol	0.0 mg		
Sodium	496.6 mg		
Potassium	632.8 mg		
Total Carbohydrate	73.4 g		
Dietary Fiber	9.3 g		
Sugars	4.5 g		
Protein	12.0 g		
Vitamin A	1785.7 IU	Vitamin C	21.4 mg
Calcium	357.1 mg	Iron	28.9 mg
Vitamin D	142.9 IU	Thiamin	1.3 mg
Riboflavin	0.1 mg	Niacin	17.9 mg
Vitamin B6	1785.7 mcg	Folic Acid	714.3 mcg
Vitamin B12	5.4 mcg	Phosphorus	357.1 mg
Magnesium	114.3 mg	Zinc	13.4 mg

CHILD NUTRITION PROGRAM: 1 BOWL = 1 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. 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 Revised Exhibit A
weight 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: Cheerios® Bowlpak Code No.: 16000-32262

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). Indicate which Exhibit A Group (A-I) the Product Belongs: 1

Table with 4 columns: 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), and Creditable Amount (A ÷ B). Row 1: Ready to Eat Cereal, 28g, 28g, 28g ÷ 28g = 1.0. Row 2: Total Creditable Amount, 1.00.

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 equivalent

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 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: [Handwritten Signature]
Printed Name: Rose Tobelmann, MS, RD

Director Title
Date: 8/6/2013 Phone Number: 1-800-767-5404

1 7/16" 13" 16 5/8" 60 3/8" 12 7/8" 16 7/16"

<p>96 - 1 QT (25g) Containers General MILK 32262 GM10032262 000</p> <p>BOWLPAK</p> <p>Cheerios®</p> 	<p>96 - 1 QT (25g) Containers General MILK 32262 GM10032262 000</p> <p>BOWLPAK</p> <p>Cheerios®</p> 	<p>96 - 1 QT (25g) Containers General MILK 32262 GM10032262 000</p> <p>BOWLPAK</p> <p>Cheerios®</p> 	<p>96 - 1 QT (25g) Containers General MILK 32262 GM10032262 000</p> <p>BOWLPAK</p> <p>Cheerios®</p> 
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OUTSIDE JOIN

Customer: GENERAL MILLS B&FS Description: P1-RD-47637 REV 0 GMI DATE (11/09/2012) 3150819101 CHEERIOS BOWLPAK
 Date: 4/5/13 Job-Rev: 477313-2V2 Colors: BLACK

