

## Cereal Bar, Cocoa Puffs, WG

### Nutrition Facts

Serving Size: Each

### **ALLERGENS**

Wheat

Amount Per Serving

Calories: 150

Calories from Fat: 27

<b>Total Fat:</b>	<b>3.0g</b>
Saturated Fat:	.5g
Trans Fat:	0.00
<b>Cholesterol:</b>	<b>0mg</b>
<b>Sodium:</b>	<b>110mg</b>
<b>Total Carbohydrate:</b>	<b>30.0g</b>
Dietary Fiber:	3.0g
<b>Protein:</b>	<b>3.0g</b>

Vitamin A: 100RE

Vitamin C: 1.2mg

Calcium: 200.0mg

Iron: 1.8mg

The accuracy of the information shown above is based on data obtained from food manufacturers, food distributors, product packaging, and the USDA Child Nutrition database. Ingredients and menu items are subject to change or substitution. Please consult your own physician or medical professional for assistance with your specific medical or dietary situation.

### Ingredients

Cereal Bar, Cocoa Puffs WG (mfg label): WHOLE WHEAT FLOUR, CORN SYRUP, BROWN RICE FLOUR, SUGAR, WHOLE GRAIN CORN, RICE BRAN AND/OR CANOLA OIL, FRUCTOSE, HIGH FRUCTOSE CORN SYRUP, WHOLE OAT FLOUR, COCOA PROCESSED WITH ALKALI, MODIFIED WHEAT STARCH. CONTAINS 2% OR LESS OF: CORN FLOUR, GLYCERIN, MALTODEXTRIN, COLOR ADDED, YELLOW CORN MEAL, SALT, SORBITOL, GELATIN, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, TRISODIUM PHOSPHATE, SULFITING AGENTS. MIXED TOCOPHEROLS AND BHT ADDED TO PRESERVE FRESHNESS. VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN C (SODIUM ASCORBATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D. CONTAINS: WHEAT [902916]