



## Cheerios™ Bowlpak Cereal 1oz

Whole Grain Oats - First Ingredient. Toasted Whole Grain Oat Cereal in ring-shaped pieces. Provides 12 vitamins and minerals, and one gram of sugar per bowlpak. 1 oz eq grain. No Artificial Colors & No Artificial Flavors.

**UNIT SIZE:** 1 OZ  
**CASE COUNT:** 96

**PRODUCT CODE:** 32262000  
**UPC:** 016000322622  
**GTIN:** 10016000322629

### Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
<b>Calories</b>	100	
Calories From Fat	15	
<b>Total Fat</b>	2g	3%
Saturated Fat	0.5g	3%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	140mg	6%
<b>Potassium</b>	180mg	5%
<b>Total Carbohydrate</b>	20g	7%
Dietary Fiber	3g	11%
Soluble Fiber	1g	
Sugars	1g	
<b>Protein</b>	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 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 Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. 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.

**Kosher:**



### Package Information

NET WEIGHT: N/A  
 VOLUME: 2.346 CF  
 HEIGHT: 18.62 IN  
 LENGTH: 16.75 IN  
 WIDTH: 13 IN  
 CASE SIZE: 2.346 CF

### KEY FEATURES:

Gluten-Free  
 Whole Grain



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). (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

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.

1Total 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.

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