



Honey Nut Cheerios™ Bowlpak Cereal

Whole Grain Oats- First ingredient. Sweetened, whole grain cereal in ring-shaped pieces with real honey and natural almond flavoring. No Artificial Colors & No Artificial Flavors. Gluten-Free. Whole Grain. 1 oz Eq. Grain.
ALLERGENS: CONTAINS ALMOND INGREDIENTS

UNIT SIZE: 1 OZ
CASE COUNT: 96

PRODUCT CODE: 11918000
UPC: 016000119185
GTIN: 10016000119182

Nutrition Facts

Serving Size: 1 Bowl (28g)
 Amount Per Serving: As Packaged
Calories 110
 Calories From Fat 10

Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	160mg	7%
Potassium	115mg	3%
Total Carbohydrate	22g	7%
Dietary Fiber	2g	8%
Soluble Fiber	<1g	
Sugars	9g	
Other Carbohydrate	11g	
Protein	2g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	25%	
Vitamin D	10%	
Thiamin	25%	
Riboflavin	25%	
Niacin	25%	
Vitamin B6	25%	
Folic Acid	50%	
Vitamin B12	20%	
Phosphorus	8%	
Magnesium	6%	

% Daily Value*

Ingredients

Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran Oil and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), 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.



Kosher:

Preparation Instructions:

1. Ready to eat dry cereal in a portable, easy-to-serve bowl

Package Information

NET WEIGHT: N/A
 VOLUME: 1.779 CF
 HEIGHT: 14.12 IN
 LENGTH: 16.75 IN
 WIDTH: 13 IN
 CASE SIZE: 1.779 CF

KEY FEATURES:

- Gluten-Free
- Whole Grain
- 1 oz. Eq. Grain
- No Artificial Flavors
- No Colors from Artificial Sources

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.

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