



# GILSTER-MARY LEE FOOD SERVICE

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| PRODUCT SPECIFICATIONS      |                         |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-----------------------------|-------------------------|-----------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Label</b>                | HOSPITALITY             | <b>Pack Size</b>            | 84/ 1 OZ                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Description</b>          | WG SUGAR FROSTED FLAKES | <b>Net Wt</b>               | 5.25 LBS                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>MG Item #</b>            | 71923-77190             | <b>Gross Wt</b>             | 7.50 LBS                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>14-digit GTIN</b>        | 100 71923 77190 9       | <b>Cube</b>                 | 1.9                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>12-digit UPC</b>         | 0 71923 77190 2         | <b>Pallet TI-HI</b>         | 8 X 3                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                             |                         | <b>Case Dim</b>             | 17.38 x 13.38 x 14.13                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|                             |                         | <b>Storage</b>              | DRY 50°F to 85°F                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|                             |                         | <b>Shelf Life</b>           | 12 MONTHS                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|                             |                         | <b>Date Code</b>            | EXPIRATION                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|                             |                         | <b>Kosher</b>               | YES                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| NUTRITIONAL INFORMATION     |                         |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Serving Size</b>         | 1 OZ / 28g              | <b>INGREDIENT STATEMENT</b> |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Svg/Container</b>        | 1 BOWL                  |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|                             | Amount/Serving          | % Daily Value*              | WHOLE GRAIN YELLOW CORN FLOUR,<br>DEGERMED YELLOW CORN MEAL, SUGAR,<br>CONTAINS 2% OR LESS OF: SALT, MALT<br>EXTRACT, VITAMIN C (SODIUM<br>ASCORBATE, ASCORBIC ACID), IRON<br>(FERROUS FUMARATE), VITAMIN A<br>(PALMITATE), NIACINAMIDE, VITAMIN B2<br>(RIBOFLAVIN), VITAMIN B1 (THIAMINE<br>MONONITRATE), VITAMIN B6 (PYRIDOXINE<br>HYDROCHLORIDE), VITAMIN D<br>(CHOLECALCIFEROL), FOLIC ACID<br><br>BHT ADDED TO PACKAGING TO HELP<br>PRESERVE FRESHNESS |
| <b>Calories:</b>            | 110                     |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Fat Calories:</b>        | 5                       |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Total Fat:</b>           | 0.5g                    | 1%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Saturated Fat:</b>       | 0g                      | 0%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Trans Fat:</b>           | 0g                      |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Cholesterol:</b>         | 0mg                     | 0%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Sodium:</b>              | 105mg                   | 4%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Potassium:</b>           | 60mg                    | 2%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Total Carbohydrates:</b> | 24g                     | 8%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Dietary Fiber:</b>       | <1g                     | 4%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Sugars:</b>              | 5g                      |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Protein:</b>             | 2g                      |                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Vitamin A:</b>           |                         | 15%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Vitamin C:</b>           |                         | 25%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Calcium:</b>             |                         | 0%                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Iron:</b>                |                         | 25%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Vitamin D:</b>           |                         | 10%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Thiamin:</b>             |                         | 45%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Riboflavin:</b>          |                         | 45%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Niacin:</b>              |                         | 45%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Vitamin B6:</b>          |                         | 45%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Folate:</b>              |                         | 25%                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                             |

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower, depending on your calorie needs.