

GMLFS COCOA MUNCHEES



1037 State Street
Chester, IL 62233
618-826-2361

Nutrition Facts

Serving per container: about

Serving Size: 1 cup (37g)

Amount Per Serving

Calories: 140

		% Daily Value*
Total Fat:	0g	0%
Saturated Fat:	0g	0%
<i>Trans</i> Fat:	0g	
Polyunsaturated Fat:	0g	
Monounsaturated Fat:	0g	
Cholesterol:	0mg	0%
Sodium:	140mg	6%
Total Carbohydrate:	32g	12%
Dietary Fiber:	0g	0%
Total Sugars:	16g	
Includes 16g Added Sugars		31%
Protein:	1g	
Vitamin D:	2mcg	10%
Calcium:	130mg	10%
Iron:	4.5mg	25%
Potassium:	20mg	0%
Vitamin A:	220mcg RAE	25%
Vitamin C:	9mg	10%
Thiamine:	0.4mg	30%
Riboflavin:	0.4mg	35%
Niacin:	5mg	30%
Vitamin B6:	0.5mg	30%
Folate:	340mcg DFE	80%
(200mcg Folic Acid)		
Vitamin B12:	1.5mcg	60%
Phosphorus:	40mg	4%
Magnesium:	5mg	2%
Zinc:	3.8mg	30%
Copper:	0.0mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PRODUCT SPECIFICATIONS:

Brand	Pack	General Product Description	
GMLFS	1/20 lbs.	Cereal, Cocoa Munchees	
MFG. Code	GTIN	UPC	
71923-78538	10071923785388		
Net Weight	Gross Weight	Country of Origin	Kosher
20 lbs.	24 lbs.	USA	Circle V Pareve
Shipping Information:			
Dimensions:	19.938 x 15.938 x 14.563	Cube:	2.678
TI x HI:	6 x 3	(TI = Amount on a Layer) (HI = Number of Layers High)	
Shelf Life:	365 Days	Date Code:	Best By

Ingredients:

SUGAR, DEGERMED YELLOW CORN MEAL, YELLOW CORN FLOUR, COCOA (PROCESSED WITH ALKALI), CORN SYRUP, MODIFIED CORN STARCH, CORN STARCH, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, ARTIFICIAL FLAVOR, CALCIUM CARBONATE, CARMEL (COLOR), DICALCIUM PHOSPHATE, VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), BAKING SODA, IRON (FERROUS FUMARATE), TRISODIUM PHOSPHATE, CANOLA OIL, VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN).

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

Allergens:

Manufactured on shared equipment with products containing wheat.

Benefits:

Good Source of 12 Vitamins and Minerals

Ready to Eat Cereal

Storage and Handling Suggestions:

50°F to 85°F with a target temperature of 70°F with humidity under 50%

