



Multigrain Cheerios™ Cereal Single Serve Bowlpak 1 oz

Lightly sweetened, whole grain oat, gluten-free cereal in a ready-to-eat bowl for convenient, single serve portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.

Product Information:

PRODUCT CODE:	32263000
UPC:	16000322639
GTIN:	10016000322636
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	No Artificial Flavors 1 oz. Eq. Grain Whole Grain Gluten Free



Ingredients & Allergens

Whole Grain Oats, Whole Grain Corn, Sugar, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color, annatto extract). Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), A B Vitamin (calcium pantothenate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin A (palmitate), Vitamin D3.

Contains No Obligatory Declaration Allergens

Preparation Instructions

Ready to eat

Package Information:

NET WEIGHT:	N/A
VOLUME:	2.3 CF
HEIGHT:	18.6

LENGTH:	16.8
WIDTH:	96
CASE SIZE:	13

Nutrition Facts

Serving Size			1 Bowl (28g)	100g
Calories			As Packaged 110	As Packaged 382
			% DV	% DV
Total Fat	1g	1%	4g	
Saturated Fat	0g	0%	1g	
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	
Sodium	105mg	5%	382mg	
Total Carbohydrate	23g	8%	81g	
Dietary Fiber	2g	8%	8g	
Total Sugars	6g		21g	
Incl. Added Sugars	6g	11%	21g	
Protein	2g		8g	
Vitamin D			6%	5mcg
Calcium			10%	513mg
Iron			70%	46mg
Potassium			2%	462mg
Vitamin A			6%	1194IU
Vitamin C			6%	23mg
Thiamin			70%	3mg
Riboflavin			70%	3mg
Niacin			70%	41mg
Vitamin B6			70%	4mg

Folate	70%	1026mcg
Folic Acid	165mcg	603mcg
Vitamin B12	70%	6mcg
Pantothenic Acid	70%	13mg
Zinc	70%	28mg

- * 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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Product Photos:





NO ARTIFICIAL FLAVORS

Multi-Grain Cheerios

Lightly Sweetened Cereal

WHOLE ²⁰grams GRAIN per serving

Gluten Free

Simply Made
Grains Milled, Toasted

Nutrition Facts

Serving size 1 bowl (28g)

Calories 110
per serving

Amount per serving	% Daily Value*	Amount per serving	% Daily Value*
Total Fat 1g	1%	Total Carbohydrate 23g	8%
Saturated Fat 0g	0%	Dietary Fiber 2g	8%
Trans Fat 0g		Total Sugars 6g	
Cholesterol 0mg	0%	Includes 6g Added Sugars	11%
Sodium 105mg	5%	Protein 2g	

*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.

Vitamin D 6% • Calcium 10% • Iron 70% • Potassium 2% • Vitamin A 6% • Vitamin C 6%
Thiamin 70% • Riboflavin 70% • Niacin 70% • Vitamin B₆ 70% • Folate 70% (165mcg folic acid)
Vitamin B₁₂ 70% • Pantothenic Acid 70% • Zinc 70%

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color, annatto extract), Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), A B Vitamin (calcium pantothenate), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₉, Vitamin A (palmitate), Vitamin D.

DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA

Contains Bioengineered Food Ingredients. Learn more at AskGeneralMills.com

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110 CALORIES PER 1 BOWL

20g WHOLE GRAIN PER SERVING
*AT LEAST 48g RECOMMENDED DAILY

NET WT 1 OZ (28g)