



## Lucky Charms™ Cereal Single Serve Bowlpak 1 oz

A frosted and toasted whole grain oat-based, gluten-free cereal with marshmallow pieces in a ready-to-eat bowl for convenient, single serve portion control. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain and whole grain-rich criteria.

### Product Information:

|               |                                                                                                |
|---------------|------------------------------------------------------------------------------------------------|
| PRODUCT CODE: | 31917000                                                                                       |
| UPC:          | 16000319172                                                                                    |
| GTIN:         | 10016000319179                                                                                 |
| UNIT SIZE:    | 1                                                                                              |
| CASE COUNT:   | 96                                                                                             |
| ATTRIBUTES:   | 1 oz. Eq. Grain<br>Zero Trans Fat<br>Whole Grain<br>No High Fructose Corn Syrup<br>Gluten Free |



## Ingredients & Allergens

Ingredients: Whole Grain Oats, Sugar, Corn Starch, Modified Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Gelatin, Trisodium Phosphate, Red 40, Yellow 5 & 6, Blue 1, Natural And Artificial Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Does Not Contain Declaration Obligatory 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<br>110 | As Packaged<br>390 |  |
|                    |        |                    |                    |  |
|                    |        | % DV               | % DV               |  |
| Total Fat          | 1g     | 2%                 | 4g                 |  |
| Saturated Fat      | 0g     | 0%                 | 0g                 |  |
| Trans Fat          | 0g     |                    | 0g                 |  |
| Cholesterol        | 0mg    | 0%                 | 0mg                |  |
| Sodium             | 180mg  | 8%                 | 640mg              |  |
| Total Carbohydrate | 23g    | 8%                 | 83g                |  |
| Dietary Fiber      | 2g     | 6%                 | 6g                 |  |
| Total Sugars       | 9g     |                    | 33g                |  |
| Incl. Added Sugars | 9g     | 18%                | 33g                |  |
| Protein            | 2g     |                    | 8g                 |  |
|                    |        |                    |                    |  |
| Vitamin D          | 1.4mcg | 6%                 | 6mcg               |  |
| Calcium            | 90mg   | 6%                 | 360mg              |  |
| Iron               | 2.8mg  | 15%                | 10mg               |  |
| Potassium          | 0mg    | 0%                 | 220mg              |  |
| Vitamin A          |        | 6%                 | 1155IU             |  |
| Vitamin C          |        | 6%                 | 25mg               |  |
| Thiamin            |        | 15%                | 1mg                |  |
| Riboflavin         |        | 6%                 | 0mg                |  |
| Niacin             |        | 6%                 | 4mg                |  |
| Vitamin B6         |        | 15%                | 1mg                |  |

|             |       |     |        |
|-------------|-------|-----|--------|
| Folate      |       | 15% | 220mcg |
| Folic Acid  | 35mcg |     | 125mcg |
| Vitamin B12 |       | 15% | 1mcg   |
| Phosphorus  |       | 6%  | 290mg  |
| Magnesium   |       | 6%  | 90mg   |
| Zinc        |       | 15% | 6mg    |

- \* 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:







**General Mills**

**Lucky Charms**  
FROSTED TOASTED OAT CEREAL WITH MARSHMALLOWS

With **MAGICAL UNICORN** MARSHMALLOWS  
MARSHMALLOW SHAPES AND COLORS MAY VARY

**Nutrition Facts**

| Amount per serving      | % Daily Value* | Amount per serving              | % Daily Value* |
|-------------------------|----------------|---------------------------------|----------------|
| <b>Total Fat</b> 1g     | <b>2%</b>      | <b>Total Carbohydrate</b> 23g   | <b>8%</b>      |
| <b>Saturated Fat</b> 0g | <b>0%</b>      | <b>Dietary Fiber</b> 2g         | <b>6%</b>      |
| <b>Trans Fat</b> 0g     |                | <b>Total Sugars</b> 9g          |                |
| <b>Cholesterol</b> 0mg  | <b>0%</b>      | <b>Includes 9g Added Sugars</b> | <b>18%</b>     |
| <b>Sodium</b> 180mg     | <b>8%</b>      | <b>Protein</b> 2g               |                |

**Serving size 1 bowl (28g)**

**Calories 110 per serving**

\*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.

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DIST. BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA Contains Bioengineered Food Ingredients Learn more at Ask.GeneralMills.com  
GLUTEN FREE COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404 © General Mills 3919084110  
CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN

**110 CALORIES PER 1 BOWL**

**15g WHOLE GRAIN PER SERVING AT LEAST 48g RECOMMENDED DAILY**

**NET WT 1 OZ (28g)**

