



Rice Chex™ Cereal Single Serve Bowlpak 1 oz

A whole grain rice, 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, whole grain-rich criteria and CACFP eligible.

Product Information:

PRODUCT CODE:	31921000
UPC:	16000319219
GTIN:	10016000319216
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	No Artificial Flavors 1 oz. Eq. Grain Whole Grain Gluten Free



Ingredients & Allergens

Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols)
Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron
and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin
(niacinamide), Vitamin B2 (riboflavin), Vitamin B6 (pyridoxine hydrochloride),
Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid),
Vitamin B12, Vitamin D3.

Does Not Contain Obligatory Allergens

Preparation Instructions

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

Package Information:

NET WEIGHT:	N/A
VOLUME:	2.3 CF
HEIGHT:	18.6
LENGTH:	16.8
WIDTH:	96

Nutrition Facts

Serving Size			1 Bowl (28g)	100g
Calories			As Packaged 110	As Packaged 390
			% DV	% DV
Total Fat	0.5g	1%	2g	
Saturated Fat	0g	0%	0g	
Trans Fat	0g		0g	
Polyunsaturated	0g		1g	
Monounsaturated	0g		1g	
Cholesterol	0mg	0%	0mg	
Sodium	230mg	10%	820mg	
Total Carbohydrate	24g	9%	87g	
Dietary Fiber	1g	4%	4g	
Total Sugars	2g		8g	
Incl. Added Sugars	2g	4%	8g	
Protein	2g		7g	
Vitamin D			6%	5mcg
Calcium			6%	325mg
Iron			45%	32mg
Potassium			0%	201mg
Vitamin A			6%	1543IU
Vitamin C			6%	23mg
Thiamin			10%	1mg
Riboflavin			20%	1mg

Niacin	6%	4mg
Vitamin B6	10%	1mg
Folate	10%	200mcg
Folic Acid	30mcg	113mcg
Vitamin B12	10%	1mcg
Phosphorus	4%	191mg
Magnesium	4%	60mg
Zinc	10%	6mg

* Percent Daily Value (DV) are based on a 2,000 calorie diet

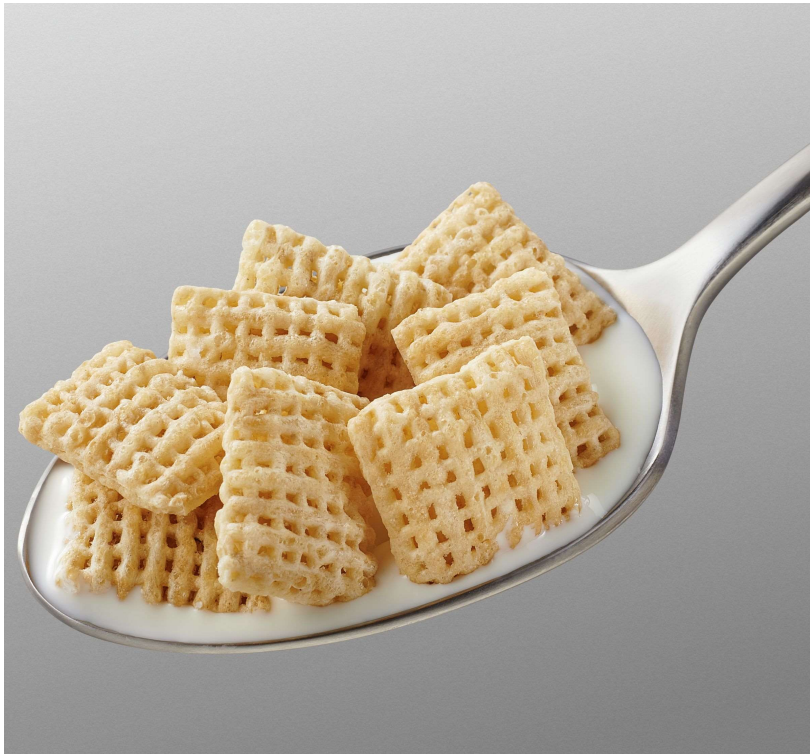
* Not a significant nutrient source

* 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 No Artificial Colors & No Artificial Flavors

Rice ChexTM

Gluten Free

Oven Toasted Rice Cereal

Amount per serving			Amount per serving		
		% Daily Value			% Daily Value
Total Fat	0.5g	1%	Sodium	230mg	10%
Saturated Fat	0g	0%	Total Carb.	24g	9%
Trans Fat	0g		Dietary Fiber	1g	4%
Polyunsaturated Fat	0g		Total Sugars	2g	
Monounsaturated Fat	0g		Incl. 2g Added Sugars		4%
Cholesterol	0mg	0%	Protein	2g	

Vitamin D 6% • Calcium 6% • Iron 45% • Potassium 0% • Vitamin A 6% • Vitamin C 6% • Thiamin 10% • Riboflavin 20%
Niacin 6% • Vitamin B₆ 10% • Folate 10% (30mcg folic acid) • Vitamin B₁₂ 10% • Phosphorus 4% • Magnesium 4% • Zinc 10%

Ingredients: Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₂ (riboflavin), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (thiamin mononitrate), Vitamin A (palmistate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

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

Contains Bioengineered Food Ingredients Learn more at Ask.GeneralMills.com

CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN Comments? Save entire package and contact us online. www.generalmillsctf.com © General Mills 3711830106

100% WHOLE GRAIN PER SERVING

    AT LEAST 48g RECOMMENDED DAILY  NET WT 1 OZ (28g)