

CWD Cereal Product Options

The information in this booklet is from manufacturer's product data sheets. Check individual product label information for further details.



For more information contact:

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CWD Cereal

CWD Product Number	Description	Sugars Per Serving	Fiber Per Serving	Whole Grain	Sugar is First Ingredient	Sugar is Second Ingredient	Sugar is at least 3rd ingredient in ingredient statement
11464	Cereal Bowl Cocoa Munchies	13 grams	0 grams		Yes		
11465	Cereal Bowl Apple Wheels	14 grams	0 grams		Yes		
11745	Malt O Meal	0 grams	1 gram				No sugar in ingredient statement
22905	Cereal Bowl Frosted Flakes	12 grams	0 grams			Yes	
22907	Cereal Bowl Corn Flakes	2 grams	<1 gram			Yes	
22981	Cereal Bowl Fruit Whirls	11 grams	0 grams			Yes	
22982	Cereal Bowl Crispy Rice	2 grams	0 grams			Yes	
22983	Cereal Bowl Corn Puffs	2 grams	0 grams	2nd Ingredient			Yes
37330	Cereal Hot Grits Inst Reg						No sugar in ingredient statement
40401	Cereal Hot Oatmeal Quick	0 grams	4 grams				No sugar in ingredient statement
40403	Cereal Bulk Crisp Rice	3 grams	0 grams			Yes	
42270	Cereal Bulk Rice Krisp	3 grams	0 grams			Yes	
40404	Cereal Bulk Corn Flakes	3 grams	<1 gram			Yes	
40405	Cereal Bulk Toasted Oats	1 gram	3 grams	1st Ingredient			Yes
40406	Cereal Bulk 40% Bran Flakes	9 grams	9 grams	1st Ingredient			Yes
40407	Cereal Bulk Cocoa Munchies	14 grams	0 grams		Yes		
40408	Cereal Bulk Frosted Flakes	13 grams	<1 gram			Yes	
40450	Cereal Rice Chex Bulk S/O	2 grams	1 gram	2nd Ingredient			yes
40492	Cereal Ind Favorite Asst						
	Cheerios	<1 gram	2 grams	1st Ingredient			yes
	Honey Nut Cheerios	8 grams	2 grams	1st Ingredient		Yes	
	Lucky Charms	9 grams	1 gram	1st Ingredient			Yes, however marshmallows are second ingredient & they contain sugar
	Golden Grahams	8 grams	1 gram	1st Ingredient		Yes	
	Cinnamon Toast Crunch	9 grams	1 gram	1st Ingredient		Yes	
40493	Cereal Bulk Total Raisin Bran	17 grams	5 grams	1st Ingredient			yes

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40496	Cereal Trix Bulk	10 grams	1 gram	1st Ingredient		Yes	
40498	Cereal Bulk Kix	3 grams	3 grams	1st two Ingredients			yes
40499	Cereal Bulk Apple Jacks	12 grams	3 grams	2nd Ingredient	yes	Yes	
40502	Cereal Hot Farina	0 grams	1 gram				No sugar in ingredient statement
42230	Cereal Bulk Toasted Oats	2 grams	2 grams				Yes
42235	Cereal Hot Farina	0 grams	1 gram				No sugar in ingredient statement
42236	Cereal Hot Oatmeal Quick	0 grams	4 grams				No sugar in ingredient statement
42250	Cereal Bulk Bran Flakes 40%	10 grams	8 grams				Yes
42260	Cereal Bulk Corn Flakes	3 grams	<1 gram			Yes	
42270	Cereal Bulk Rice Krisp	3 grams	0 grams			Yes	
42277	Cereal Grape Nuts	4 grams	7 grams	1st Ingredient			No sugar in ingredient statement
42281	Cereal Bulk All Bran	6 grams	10 grams			Yes	
42285	Cereal Hot Oatmeal Ind Variety						
	Peaches & Cream	12 grams	2 grams	1st Ingredient		Yes	
	Apples & Cinnamon	12 grams	3 grams	1st Ingredient		Yes	
	Raisins & Spice	18 grams	3 grams	1st Ingredient		Yes	
	Maple & Brown Sugar	13 grams	3 grams	1st Ingredient		Yes	
42304	Cereal Bulk Frosted Mini Wheats	12 grams	6 grams	1st Ingredient		Yes	
42307	Cereal Bulk Crispix	4 grams	<1 gram				Yes
42308	Cereal Bulk Special K	4 grams	<1 gram				Yes
42309	Cereal Bulk Raisin Bran	17 grams	7 grams	1st Ingredient			Yes
42312	Cereal Bulk Raisin Bran Post	19 grams	8 grams	1st Ingredient			Yes
42314	Cereal Bulk Cinn Toast Crunch	10 grams	2 grams	1st Ingredient		Yes	
42317	Cereal Bulk Fruity Pebbles	12 grams	0 grams			Yes	
42318	Cereal Ind Fruit Loops	12 grams	3 grams	2nd Ingredient	Yes		
42340	Cereal Bulk Bran Unprocessed	<1 gram	8 grams				No sugar in ingredient statement
42381	Cereal Bowl Honey Nut Cheerios	9 grams	2 grams	1st Ingredient		Yes	
42382	Cereal Bowl Cheerios	<1 gram	2 grams	1st Ingredient			Yes
42384	Cereal Bowl Golden Grahams	9 grams	1 gram	1st Ingredient		Yes	

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42385	Cereal Cinn Toast Crunch Bowl	9 grams	1 gram	1st Ingredient		Yes	
42386	Cereal Bowl Kix	2 grams	2 grams	2nd Ingredient			Yes
42389	Cereal Bowl Cocoa Puffs	9 grams	1 gram	1st Ingredient		Yes	
42393	Cereal Bowl Reese Puffs	9 grams	1 gram	1st Ingredient		Yes	
42395	Cereal Bowl Trix Less Sugar	5 grams	1 gram	1st Ingredient		Corn Syrup	
42396	Cereal Bowl Cinn Toast Less Sugar	6 grams	3 grams	1st Ingredient			Corn Syrup
42401	Cereal Bowl Cinn Toasters	9 grams	<1 gram	1st Ingredient		Yes	
42402	Cereal Bowl Toasty-O	1 gram	2 grams	1st Ingredient			Yes
42403	Cereal Bowl Special K	2 grams	0 grams				Yes
42408	Cereal Hot Oatmeal	1 gram	4 grams	1st Ingredient			No sugar in ingredient statement
42420	Cereal Cream of Wheat	0 grams	1 gram				No sugar in ingredient statement
42421	Cereal Ind Cheerios	<1 gram	2 grams	1st Ingredient			Yes
42430	Cereal Cream of Rice	0 grams	<1 gram				No sugar in ingredient statement
42440	Cereal Malt O Meal	0 grams	1 gram				No sugar in ingredient statement
42443	Cereal Fruit Loops Reduced Sugar	2 grams	2 grams	1st Ingredient		Yes	
42444	Cereal Frosted Flakes Reduced Sugar	7 grams	<1 gram			Yes	
42451	Cereal Bowl Rice Krispies	2 grams	0 grams			Yes	
42453	Cereal Bowl Raisin Bran	10 grams	4 grams	1st Ingredient			Yes
42454	Cereal Bowl Frosted Flakes	11 grams	0 grams			Yes	
42456	Cereal Bowl Favorite Asst						
	Frosted Mini Wheats	6 grams	3 grams	1st Ingredient		Yes	
	Corn Pops	18 grams	0 grams			yes	
	Apple Jacks	18 grams	4 grams	2nd Ingredient	yes		
	Frosted Flakes	23 grams	1 gram			Yes	
	Froot Loops	9 grams	2 grams		yes		
	Raisin Bran	11 grams	4 grams	1st Ingredient			Yes
	Cocoa Krispies	25 grams	<1 gram			Yes	
42457	Cereal Bowl Family Assorted						
	Frosted Mini Wheats	6 grams	3 grams	1st Ingredient		Yes	
	Raisin Bran	11 grams	4 grams	1st Ingredient			Yes

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	Frosted Flakes	23 grams	1 gram			yes	
	Corn Flakes	3 grams	1 gram			Yes	
	Rice Krispies	4 grams	0 grams			yes	
	Froot Loops	9 grams	2 grams	2nd Ingredient	Yes		
42460	Cereal Bowl Apple Jacks	8 grams	2 grams		Yes		
42461	Cereal Frosted Flakes Ind	13 grams	1 gram			Yes	
42463	Cereal Ind Raisin Bran	12 grams	5 grams	1st Ingredient			Yes
42464	Cereal Ind Rice Krispies	3 grams	0 grams		Yes		
42466	Cereal Ind Special K	3 grams	<1 gram				Yes
42469	Cereal Bulk Granola Low Fat	17 grams	4 grams	1st two Ingredients			Yes
42472	Cereal Cup Asst						
	Frosted Flakes	23 grams	1 gram			Yes	
	Fruit Loops	18 grams	4 grams	2nd Ingredient	Yes		
	Raisin Bran Crunch	30 grams	6 grams	3rd ingredient		Yes	
	Apple Jacks	18 grams	4 grams	2nd Ingredient	Yes		
	Corn Pops	18 grams	0 grams			Yes	
	Cocoa Krispies	25 grams	<1 gram			Yes	
42473	Cereal Bowl Frosted Mini Wheats	6 grams	3 grams	1st Ingredient		Yes	
42480	Cereal Bulk Corn Flakes	3 grams	<1 gram			Yes	
42481	Cereal Bulk Toasted Oats	2 grams	2 grams	1st Ingredient			Yes
42482	Cereal Bulk Crisp Rice	3 grams	0 grams			Yes	
42486	Cereal Bulk Fruit Whirls	11 grams	0 grams			Yes	
42487	Cereal Bulk Life Quaker	6 grams	2 grams	1st Ingredient		Yes	
42489	Cereal Bulk Golden Grahams	10 grams	1 gram	1st Ingredient		Yes	
42490	Cereal Bulk Lucky Charms	10 grams	2 grams	1st Ingredient			Yes, however marshmallows are second ingredient & they contain sugar
42491	Cereal Ind Cheerio Honey Nut	8 grams	2 grams	1st Ingredient		Yes	
42494	Cereal Bowl Lucky Charms	10 grams	1 gram	1st Ingredient			Yes, however marshmallows are second ingredient & they contain sugar
42496	Cereal Bowl Trix	7 grams	<1 gram	1st Ingredient		Yes	

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42497	Cereal Bulk Honey Nut Cheerios	9 grams	2 grams	1st Ingredient		Yes	
42498	Cereal Bulk Corn Chex	3 grams	2 grams	2nd Ingredient			Yes
42501	Cereal Bulk Crispy Rice	3 grams	0 grams			Yes	
42510	Cereal Bulk Wheaties	4 grams	3 grams	1st Ingredient		Yes	
42511	Cereal Bulk Cocoa Puffs	10 grams	2 grams	1st Ingredient		Yes	
42513	Cereal Bulk Fruit Loops	12 grams	3 grams	2nd Ingredient	Yes		
42515	Cereal Bulk Cracklin Oat Bran	15 grams	6 grams				
42523	Cereal Bulk Corn Bursts	15 grams	0 grams			Yes	
42552	Cereal Bowl Choc Little Bites	3 grams	6 grams	1st Ingredient		Yes	
42627	Cereal Bulk Granola Clusters Low	17 grams	4 grams	1st two Ingredients			Yes
308155	Cereal Bulk Frosted Flakes	12 grams	<1 gram			Yes	
308180	Cereal Bulk Raisin Bran	18 grams	7 grams				Yes
308235	Cereal Bulk Honey Nut Toasted O	11 grams	1 gram	1st Ingredient		Yes	