



## Honey Nut Cheerios™ Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain. Top-seller. Popular with all ages. Sweetened Whole Grain Oat Cereal With Real Honey & Natural Almond Flavor. No Artificial Colors & No Artificial Flavors.

**ALLERGENS:** CONTAINS ALMOND INGREDIENTS

**UNIT SIZE:** 1 OZ  
**CASE COUNT:** 96

**PRODUCT CODE:** 11918000  
**UPC:** 016000119185  
**GTIN:** 10016000119182

### Nutrition Facts

Serving Size:	1 Bowl (28g)	
Amount Per Serving:	As Packaged	
<b>Calories</b>	110	
Calories From Fat	10	
<b>Total Fat</b>	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	160mg	7%
<b>Potassium</b>	115mg	3%
<b>Total Carbohydrate</b>	22g	7%
Dietary Fiber	2g	8%
Soluble Fiber	;1g	
Sugars	9g	
Other Carbohydrate	11g	
<b>Protein</b>	2g	
Vitamin A	10%	
Vitamin C	10%	
Calcium	10%	
Iron	25%	
Vitamin D	10%	
Thiamin	25%	
Riboflavin	25%	
Niacin	25%	
Vitamin B6	25%	
Folic Acid	50%	
Vitamin B12	20%	
Phosphorus	8%	
Magnesium	6%	
Zinc	25%	

\* 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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### Ingredients

Whole Grain Oats, Sugar, Oat Bran, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Rice Bran Oil and/or Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.



Kosher:

### Package Information

NET WEIGHT: N/A  
VOLUME: 1.779 CF  
HEIGHT: 14.12 IN  
LENGTH: 16.75 IN  
WIDTH: 13 IN  
CASE SIZE: 1.779 CF