North America FOODSERVICE

Lucky Charms(TM) Cereal Single Serve K12 2oz Eq Grain

UPC: **16000148840**	Information Accurate as of: **July 5, 2023**

DESCRIPTION

Lucky Charms is a frosted, toasted whole grain oat-based cereal with marshmallow pieces. This ready-to-eat cup provides convenient single serve portion control and room for milk. Whole Grain Oatsfirst ingredient. Meets 2 ounce equivalent grains, USDA Smart Snack (exempt for grain-only entrees), and Gluten-Free.

Case GTIN: **10016000148847**	
Unit Weight: **2 OZ**	Units per case: **60**

Nutrition Facts

1 Container (56g)
Serving Size

Calories per serving **210**

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 2g	3%	**Sodium** 350mg	15%
Saturated Fat 0g	0%	**Total Carbohydrate** 47g	17%
Trans Fat 0g		Dietary Fiber 4g	13%
Polyunsaturated 1g		Total Sugars 19g	
Monounsaturated 1g		Includes 19g Added Sugars	37%
Cholesterol 0mg	0%	**Protein** 4g	

Vitamin D	30% •	Calcium 70mcg	15% •	Iron 70mcg	30%
Potassium	2% •	Vitamin A 70mcg	15% •	Vitamin C 70mcg	15%
Thiamin	30% •	Riboflavin 70mcg	15% •	Niacin 70mcg	15%
Vitamin B6	30% •	Folate 70mcg	30% •	(70mcg Folic Acid)	30%
Vitamin B12	30% •	Zinc	30%		

* *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.

* Not a significant nutrient source

Nutrition Facts

Calories Approx Per 100g **380**

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 4g		**Sodium** 624mg	
Saturated Fat 1g		**Total Carbohydrate** 83g	
Trans Fat 0g		Dietary Fiber 6g	
Polyunsaturated 2g		Total Sugars 33g	
Monounsaturated 1g		Includes 33g Added Sugars	
Cholesterol 0mg		**Protein** 8g	

Vitamin D 11mcg	•	Calcium 361mg	•	Iron 10mg
Potassium 212mg	•	Vitamin A 1155IU	•	Vitamin C 25mg
Thiamin 1mg	•	Riboflavin 0mg	•	Niacin 4mg
Vitamin B6 1mg	•	Folate 222mcg	•	(125mcg Folic Acid)
Vitamin B12 1mcg	•	Zinc 6mg		

* *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.

* Not a significant nutrient source

INGREDIENTS & ALLERGENS: 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 Obligatory Allergens

KOSHER APPROVAL: NONE

Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter.
This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.
Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.

GENERAL MILLS

Product Formulation Statement for Documenting Grains in Child Nutrition Programs

(Crediting Standards Based on Exhibit A Weights per Ounce Equivalent)

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Product Name: Lucky Charms ® 2 oz Cup Code No.: 16000-14884

Manufacturer: General Mills, Inc. Serving Size 2.0 OZ (56g)

I. Does the product meet the whole grain-rich criteria: Yes X No

II. Does the product contain non- creditable grains: Yes__ No__ **How many grams:**
(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the *Food Buying Guide for Child Nutrition Programs* (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16g creditable grains per oz eq; Groups H and I use the standard of 28g creditable grain per oz eq or volume.)*

Indicate which Exhibit A Group (A-I) the Product Belongs: I

DESCRIPTION OF PRODUCT PER EXHIBIT A	PORTION SIZE OF PRODUCT AS PURCHASED A	WEIGHT OF ONE OZ EQ AS LISTED IN EXHIBIT A B	CREDITABLE AMOUNT A ÷ B
Ready to Eat Cereal	56g	28g	56g ÷ 28g = 2.0
		Total Creditable Amount[1]	2.0

[1]Total Creditable Amount must be rounded ***down*** to the nearest quarter (0.25) oz eq. Do ***not*** round up.

Total weight (per portion) of product as purchased 2,0 OZ (56g)

Total contribution of product (per portion) 2.0 oz eq

I further certify that the above information is true and correct and that a 2.0 ounce portion of this product (ready for serving) provides 2.0 oz eq grains. I further certify that non-creditable grains **are not** above 0.24 oz eq per portion. Products withmore than 0.24 oz eq or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
September 01, 2022
Exhibit A

Package Images



PIM - Open Case



PIM - Styled



Front - 3D