

Cheerios(TM) Cereal Single Serve Bowlpak 1 oz

UPC: 16000322622

Information Accurate as of: December 28, 2022

DESCRIPTION

The classic toasted whole grain oat, gluten-free cereal in ring-shaped pieces in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, USDA Smart Snacks criteria, and is CACFP eligible.

Case GTIN: 10016000322629

Unit Weight: 1 OZ

Units per case: 96

Nutrition Facts

1 Bowl (28g)
Serving Size

Calories
per serving **100**

Amount/serving			% Daily Value**	Amount/serving			% Daily Value**
Total Fat 2g			3%	Sodium 140mg			6%
Saturated Fat 0g			0%	Total Carbohydrate 21g			8%
Trans Fat 0g				Dietary Fiber 3g			11%
Cholesterol 0mg			0%	Total Sugars 1g			
				Soluble Fiber 1g			
				Includes 1g Added Sugars			2%
				Protein 4g			
Vitamin D	1.2mcg	6% •	Calcium	80mg	6% •	Iron	9mg 50%
Potassium	180mg	4% •	Vitamin A	20mcg	6% •	Vitamin C	20mcg 6%
Thiamin		10% •	Niacin	20mcg	6% •	Vitamin B6	20mcg 10%
Folate		10% •	(20mcg Folic Acid)		10% •	Vitamin B12	10%
Phosphorus		8% •	Magnesium		8% •	Zinc	10%

* 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 **359**

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 6g		Sodium 487mg	
Saturated Fat 1g		Total Carbohydrate 74g	
Trans Fat 0g		Dietary Fiber 10g	
Cholesterol 0mg		Total Sugars 5g	
		Soluble Fiber 3g	
		Includes 5g Added Sugars	
		Protein 13g	
Vitamin D 5mcg	• Calcium 333mg	• Iron 32mg	
Potassium 641mg	• Vitamin A 769IU	• Vitamin C 23mg	
Thiamin 1mg	• Niacin 4mg	• Vitamin B6 1mg	
Folate 205mcg	• (115mcg Folic Acid)	• Vitamin B12 1mcg	
Phosphorus 385mg	• Magnesium 154mg	• 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: Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness. and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

Does Not Contain Obligatory Allergens

KOSHER APPROVAL: OU



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 Cheerios® Bowl Code 1600032262
 Manufacturer General Mills, Inc. Serving Size 1.0 oz (28)

I. Does the product meet the whole grain-rich criteria: ☐ Yes ☐ 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	28g	28g	28g ÷ 28g = 1.0
Total Creditable Amount¹			1.0

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

Total weight (per portion) of product as purchased 1.0 oz (28g)

Total contribution of product (per portion) 1.00 ounce

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.00 ounce grains. I further certify that non-creditable grains are **not** above 0.24 ounce per portion. Products with more than 0.24 ounce 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 Hammer
 Labeling and Regulatory Compliance Specialist, 12 Education
 January 11, 2022

Exhibit A



GENERAL MILLS MULTI GRAIN CHEERIOS CEREAL

Lightly sweetened, whole grain oat, 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 and whole grain-rich criteria.



Product Information:

PRODUCT CODE:	32263000
UPC:	16000322639
GTIN:	10016000322636
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	No Artificial Flavors 1 oz. Eq. Grain Whole Grain Gluten Free

Ingredients & Allergens

Whole Grain Oats, Whole Grain Corn, Sugar, Whole Grain Rice, Corn Starch, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color, annatto extract). Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), A B Vitamin (calcium pantothenate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin A (palmitate), Vitamin D3.

Preparation Instructions

Ready to eat

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 382
			% DV	% DV
Total Fat	1g	1%	4g	
Saturated Fat	0g	0%	1g	
Trans Fat	0g		0g	
Cholesterol	0mg	0%	0mg	
Sodium	105mg	5%	383mg	
Total Carbohydrate	23g	8%	82g	
Dietary Fiber	2g	8%	8g	
Total Sugars	6g		21g	
Incl. Added Sugars	6g	11%	21g	
Protein	2g		8g	
Vitamin D	2.8mcg	10%	10mcg	
Calcium	140mg	10%	513mg	
Iron	12.9mg	70%	46mg	
Potassium	130mg	2%	462mg	
Vitamin A		6%	1194IU	
Vitamin C		6%	23mg	
Thiamin		70%	3mg	
Riboflavin		70%	3mg	
Niacin		70%	41mg	
Vitamin B6		70%	4mg	
Folate		70%	1026mcg	
Folic Acid	165mcg		603mcg	
Vitamin B12		70%	6mcg	
Zinc		70%	28mg	

* 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.
* Nutritional information is subject to change. See product label to verify ingredients and allergens.

Product Photos:





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: Multi-Grain Cheerios® Bowlpak Code No.: 16000-32263

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28)

I. Does the product meet the whole grain-rich criteria: Yes ☒ 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	28g	28g	28g ÷ 28g = 1.0
Total Creditable Amount ¹			1.0

¹Total 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 1.0 OZ (28g)

Total contribution of product (per portion) 1.00 oz eq

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.00 oz eq grains. I further certify that non-creditable grains **are not** above 0.24 oz eq per portion. Products with more 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
January 19, 2024

Exhibit A