



Lucky Charms™ Cereal Single Serve K12 2oz Eq Grain (60ct)

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



Product Information:

PRODUCT CODE:	14884000
UPC:	16000148840
GTIN:	10016000148847
UNIT SIZE:	2
CASE COUNT:	60
ATTRIBUTES:	Zero Trans Fat 2 oz. Eq. Grain Whole Grain No High Fructose Corn Syrup Gluten Free

Ingredients & Allergens

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup, Dextrose. Contains 2% or less of: Salt, Modified Corn Starch, 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.

Preparation Instructions

Ready to eat

Package Information:

NET WEIGHT:	N/A
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VOLUME:	2.1 CF
HEIGHT:	18
LENGTH:	16.5
WIDTH:	60
CASE SIZE:	12.3

Nutrition Facts

Serving Size	1 Container (56g)		100g
Calories	As Packaged 210		As Packaged 380
		% DV	% DV
Total Fat	2g	3%	4g
Saturated Fat	0g	0%	1g
Trans Fat	0g		0g
Polyunsaturated	1g		2g
Monounsaturated	1g		1g
Cholesterol	0mg	0%	0mg
Sodium	350mg	15%	624mg
Total Carbohydrate	47g	17%	83g
Dietary Fiber	4g	13%	6g
Total Sugars	19g		33g
Incl. Added Sugars	19g	37%	33g
Protein	4g		8g
Vitamin D		30%	11mcg
Calcium		15%	361mg
Iron		30%	10mg
Potassium		2%	212mg
Vitamin A		15%	1155IU
Vitamin C		15%	25mg
Thiamin		30%	1mg
Riboflavin		15%	0mg
Niacin		15%	4mg
Vitamin B6		30%	1mg
Folate		30%	222mcg
Folic Acid	70mcg		125mcg
Vitamin B12		30%	1mcg
Zinc		30%	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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