



Cheerios

100948 - Honey Cheerios Cereal Cup

Made with real honey, our gluten-free Honey Cheerios bring a delicious choice to your school menu. Each 2 oz single serve cup leaves room for milk, ideal for classroom breakfasts or grab n go meals. With whole grain oats as the first ingredient, 40g whole grain per serving (at least 48g recommended daily). This cereal meets USDA Child Nutrition Programs standards and CACFP eligibility. Comes packed in cases of 60, offering convenience and portion control.



Nutrition Facts

Servings per Container	60
Serving size	1 container (56g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 44g	16%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 12g Added Sugar	24%
Protein 6g	
Vitamin D 5.3mcg	27%
Calcium 170mg	13%
Iron 4.8mg	27%
Potassium 260mg	6%

* Benefits

K-12 Regulation Ready. 2 oz Equivalent Grain. Smart Snack Entre Exempt. CACFP Eligible. Features gluten-free whole grain cereal with real honey, designed for easy portion control. Comes in branded 2 oz single-serve cups, 60 per case for efficient classroom use and grab 'n go service. Made with real honey, whole grain-rich in a convenient format. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Kosher pareve compliant.

Ingredients

Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural 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.

⚠ Allergens

Handling Suggestions

Keep in a cool, dry place

Serving Suggestions

One Cup

Prep & Cooking Suggestions

Ready to eat

📄 Product Specifications

Brand	Manufacturer
Cheerios	GENERAL MILLS SALES INC.

MFG #	SPC #	GTIN	Pack	Pack Desc.
18448000	100948	10016000184487	60	60/2 oz

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
12lb	7.5lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
16.5in	12.25in	23in	2.69ft3	9x4	312DAYS	32°F / 95°F



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Nutrition Analysis - By Serving

Calories	210	Total Fat	3g	Sodium	340mg
Protein	6	Trans Fats	0g	Calcium	170mg
Total Carbohydrates...	44g	Saturated Fat	0.5g	Iron	4.8mg
Sugars	12g	Added Sugars	12g	Potassium	260mg
Dietary Fiber	5g	Polyunsaturated Fat	0g	Zinc	0
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)	0	Vitamin D	5.3mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate	0mg	Riboflavin	0mg
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

