

Nutrition Facts

Serving Size: 3/4 Cup (30g)
 Servings Per Package: TBD

Amount Per Serving	Cereal	Cereal With 1/2 Cup Skim Milk
Calories	120	160
Calories from Fat	10	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 190mg	8%	11%
Potassium 35mg	1%	7%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 1g	4%	4%
Sugars 13g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	50%	50%
Vitamin D	10%	20%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate (Folic Acid)	50%	50%
Vitamin B12	25%	35%
Zinc	25%	25%

* Amount in cereal. One-half cup skim milk contributes an additional 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

MOM Brands®
**Sweetened Corn Crunch
 And Fruit Flavored Cereal**
CCB-10.1 RTE
Regulatory NFP Created: 09/03/13
Graphics NFP Released: 09/03/13

Nutrition Facts have been developed to comply with current Federal regulations.

42400-09825 4/44 oz Malt-O-Meal Berry Colossal Crunch



Melissa Olson

K12 Sales Manager

12/4/15

Ingredients: Corn Flour, Sugar, Whole Grain Oat Flour (includes the oat bran), Brown Sugar Syrup, Contains 2% or less of: Coconut Oil and/or Canola Oil and/or Partially Hydrogenated Soybean Oil, Salt, Strawberry Juice Concentrate, Sodium Citrate, Natural and Artificial Flavor, Red 40, Yellow 5 & 6, Blue 1, Malic Acid, Soy Lecithin.

Vitamins & Minerals: **Vitamin B1** (thiamin mononitrate), **Vitamin B2** (riboflavin), **Niacin** (niacinamide), **Vitamin B6** (pyridoxine hydrochloride), **Folic Acid**, **Vitamin B12**, **Vitamin A Palmitate**, **Vitamin C** (sodium ascorbate and ascorbic acid), **Vitamin D**, **Reduced Iron**, **Zinc** (zinc oxide).

Contains Soybean Ingredients.