



Lucky Charms™ Cereal Single Serve K12 2oz Eq Grain

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 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, 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

Preparation Instructions

Ready to eat

Package Information:

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

Nutrition Facts

Serving Size	1 Container (56g)		100g
	As Packaged		As Packaged
Calories	210		390
		% DV	% DV
Total Fat	2.5g	3%	4g
Saturated Fat	0g	0%	0g
Trans Fat	0g		0g
Polyunsaturated Fat	1g		2g
Monounsaturated Fat	1g		2g
Cholesterol	0mg	0%	0mg
Sodium	360mg	16%	640mg
Total Carbohydrate	46g	17%	83g
Dietary Fiber	4g	13%	6g
Total Sugars	19g		33g
Incl. Added Sugars	19g	38%	33g
Protein	5g		8g
Vitamin D	3.1mcg	15%	6mcg
Calcium	200mg	15%	360mg
Iron	5.6mg	30%	10mg
Potassium	120mg	2%	220mg
Vitamin A		15%	1155IU
Vitamin C		15%	25mg
Thiamin		30%	1mg
Riboflavin		15%	0mg
Niacin		15%	4mg
Vitamin B6		30%	1mg
Folate		30%	220mcg
Folic Acid	70mcg		125mcg
Vitamin B12		30%	1mcg
Phosphorus		15%	290mg
Magnesium		10%	90mg
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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