Ready to eat

K-12 regulatory documentation

Crediting Letter - 000000000011943000 (pdf)

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Product ingredients

Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola and/or Sunflower Oil, Dextrose, Baking Soda, Salt, Natural Flavor, Rosemary Extract. 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 & dietary information

CONTAINS WHEAT INGREDIENTS.

Because nutritional information can change, please see the physical product's packaging for the most up-to-date information relating to ingredients, nutrition facts, allergen statements and more.

Nutrition Facts

Serving Size

1 bowl

Serving Size: 1 bowl

Amount Per Serving

Calories

110

Food Component / Nutrient	Amount As Packaged	% DV* As Packaged
Total Fat	1g	1%
Saturated Fat	0g	0%
Trans Fat	0g	—
Cholesterol	0mg	0%
Sodium	240mg	10%
Total Carbohydrate	23g	8%
Dietary Fiber	2g	6%
Total Sugars	6g	—
Incl. Added Sugars	6g	12%
Protein	2g	—
Vitamin D	2mcg	10%
Calcium	90mg	6%
Iron	1.8mg	10%
Potassium	0mg	0%
Vitamin A	—	6%

* 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.

Food Component / Nutrient	Amount As Packaged	% DV* As Packaged
Vitamin C	—	6%
Thiamin	—	10%
Riboflavin	—	6%
Niacin	—	6%
Vitamin B6	—	10%
Folate	—	10%
Folic Acid	30mcg	—
Vitamin B12	—	10%
Zinc	—	10%

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Suggested Recipes





Golden Grahams™ Bars