Ready to eat

K-12 regulatory documentation

Crediting Letter - 000000000014885000 (pdf)

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Product ingredients

Whole Grain Corn, Sugar, Rice Flour, Corn Syrup, Cocoa Processed with Alkali, Canola and/or Sunflower Oil, Salt, Baking Soda, Natural Flavor, Annatto Extract (color). Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, 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

MAY CONTAIN 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 Container

Serving Size: 1 Container

Amount Per Serving

Calories **220**

Food Component / Nutrient	Amount As Packaged	% DV* As Packaged
Total Fat	3g	4%
Saturated Fat	0g	0%
Trans Fat	0g	—
Cholesterol	0mg	0%
Sodium	220mg	10%
Total Carbohydrate	47g	17%
Dietary Fiber	4g	14%
Total Sugars	12g	—
Incl. Added Sugars	12g	24%
Protein	3g	—
Vitamin D	6mcg	30%
Calcium	200mg	15%
Iron	5.6mg	30%
Potassium	200mg	4%
Vitamin A	140mcg	15%

* 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	14mg	15%
Thiamin	0.4mg	30%
Riboflavin	0.2mg	15%
Niacin	2.5mg	15%
Vitamin B6	0.5mg	30%
Folate	—	30%
Folic Acid	70mcg	—
Vitamin B12	0.7mcg	30%
Zinc	3.4mg	30%

* 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.

Suggested Recipes



