Prep Instructions

Ready to eat

K-12 regulatory documentation

Crediting Letter - 000000000022488000 (pdf)

Buy American Letter - 000000000022488000 (pdf)

Product ingredients

Whole Grain Oats, Sugar, Whole Grain Corn, Corn Starch, Corn Syrup. Contains 2% or less of: Salt, Trisodium Phosphate, Gelatin, Color (vegetable and fruit juice, carmine, spirulina extract, turmeric oleoresin, paprika oleoresin), 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.

Allergens & dietary information

Does Not Contain Declaration Obligatory Allergens

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

Amount Per Serving	
Calories	**110**

Food Component / Nutrient	Amount As Packaged	% DV* As Packaged
Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	—
Cholesterol	0mg	0%
Sodium	220mg	10%
Total Carbohydrate	22g	8%
Dietary Fiber	2g	8%
Total Sugars	6g	—
Incl. Added Sugars	6g	11%
Protein	3g	—
Vitamin D	3.1mcg	15%
Calcium	90mg	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
Iron	2.8mg	15%
Potassium	0mg	0%
Vitamin A	—	6%
Vitamin C	—	6%
Thiamin	—	15%
Riboflavin	—	0%
Niacin	—	6%
Vitamin B6	—	15%
Folate	—	15%
Folic Acid	35mcg	—
Zinc	—	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.

Suggested Recipes



