Ready to eat

K-12 regulatory documentation

Crediting Letter - 000000000031888000 (pdf)

Buy American Letter - 000000000031888000 (pdf)

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 bowl (30g)

Serving Size: 1 bowl (30g)

Amount Per Serving

Calories

120

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	120mg	5%
Total Carbohydrate	25g	9%
Dietary Fiber	2g	7%
Total Sugars	6g	—
Incl. Added Sugars	6g	12%
Protein	2g	—
Vitamin D	3.5mcg	15%
Calcium	110mg	8%
Iron	2.7mg	15%
Potassium	110mg	2%
Vitamin A	80mcg	8%

* 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	8mg	8%
Thiamin	0.2mg	15%
Riboflavin	0.1mg	8%
Niacin	1.3mg	8%
Vitamin B6	0.3mg	15%
Folate	—	15%
Folic Acid	35mcg	—
Vitamin B12	0.4mcg	15%
Zinc	1.8mg	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



