
Kellogg's
FROSTED
Mini-Wheats
Bite Size
Original
100% WHOLE GRAIN
23g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY
LIGHTLY SWEETENED WHOLE GRAIN CEREAL
Nutrition Facts
Serving Size 1 Container (28g)
Calories 100
Calories from Fat 0
* Percent Daily Values (DV) are based on a 2,000 calorie diet.
Amount/Serving %DV* Amount/Serving %DV* Amount/Serving %DV*
Total Fat 0g 0% Cholest. 0mg 0% Dietary Fiber 3g 12%
Sat. Fat 0g 0% Sodium 0mg 0% Sugars 6g
Trans Fat 0g Total Carb. 24g 8% Protein 3g
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 40%
Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B6 10%
Folic Acid 10% • Vitamin B12 10% • Zinc 4%
INGREDIENTS: WHOLE GRAIN WHEAT, SUGAR, CONTAINS 2% OR LESS OF BROWN RICE SYRUP, GELATIN.
VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE, VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN HYDROCHLORIDE), ZINC OXIDE, FOLIC ACID, VITAMIN B12.
CONTAINS WHEAT INGREDIENTS.
Distributed by Kellogg Sales Co.
Battle Creek, MI 49016 USA
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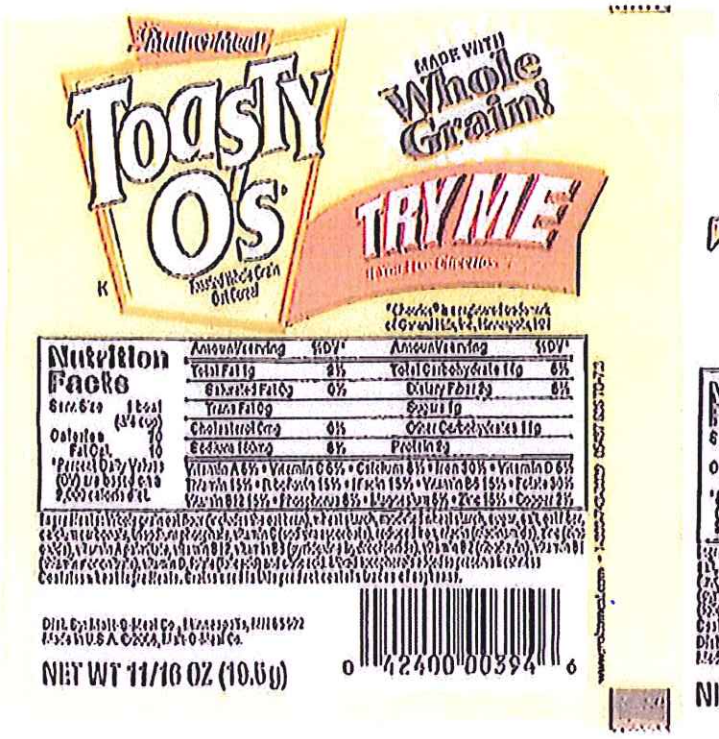
CHILD NUTRITION PROGRAM:
1 BOWL = 1 BREAD EQUIVALENT
PULL-UP TAB
NET WT 1 OZ (28g)
0 38000 04961 3
K 112381 020 NLI# 07969
Consumers: Visit Kelloggs.com or call 1-800-962-1413


General Mills
SELF-SERVE BOWL
FOOD ALLERGIC CONSUMERS SEE INGREDIENT LIST FOR ALMOND ALLERGEN INFORMATION
WHEATIES
TOASTED WHOLE WHEAT FLAKES
THE BREAKFAST OF CHAMPIONS
Nutrition Facts
Serv. Size 1 bowl (23g) (¾ cup)
Calories 80
Fat Cal. 5
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 0.5g 1% Potassium 85mg 2%
Sat. Fat 0g 0% Total Carb. 19g 6%
Trans Fat 0g Fiber 2g 10%
Cholest. 0mg 0% Sugars 3g
Sodium 160mg 7% Protein 2g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Vitamin A 6% • Vitamin C 8% • Calcium 0% • Iron 40% • Vitamin D 8% • Thiamin 40% • Riboflavin 40% • Niacin 40% • Vitamin B6 40% • Folic Acid 40% • Vitamin B12 40% • Zinc 40%
Ingredients: Whole Grain Wheat, Sugar, Salt, Corn Syrup, Trisodium Phosphate. BHT Added to Preserve Freshness.
Vitamins and Minerals: Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.
DISTRIBUTED BY General Mills Sales, Inc., MINNEAPOLIS, MN 55440 USA
CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.


General Mills
SELF-SERVE BOWL
25% LESS SUGAR
Cinnamon Toast Crunch®
Crispy WHOLE WHEAT and RICE Cereal
25% less sugar than original Cinnamon Toast Crunch®
No reduction in calories
Sugar content has been reduced from 9g to 6g per serving.
Nutrition Facts
Serv. Size 1 bowl (28g) (¾ cup)
Calories 110
Calories from Fat 25
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 3g 4% Potassium 40mg 1%
Saturated Fat 0.5g 3% Total Carbohydrate 22g 7%
Trans Fat 0g Dietary Fiber 3g 11%
Cholesterol 0mg 0% Sugars 6g
Sodium 200mg 8% Protein 1g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Vitamin A 8% • Vitamin C 8% • Calcium 20% • Iron 20% • Vitamin D 8% • Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B6 20% • Folic Acid 20% • Vitamin B12 20% • Zinc 20%
Ingredients: Whole Grain Wheat, Sugar, Rice Flour, Canola and/or Rice Bran Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added. BHT Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS WHEAT AND SOY INGREDIENTS.
DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.
© 2011 GENERAL MILLS Pat. Pend. 3739231102
NET WT 1.0 OZ (28g)

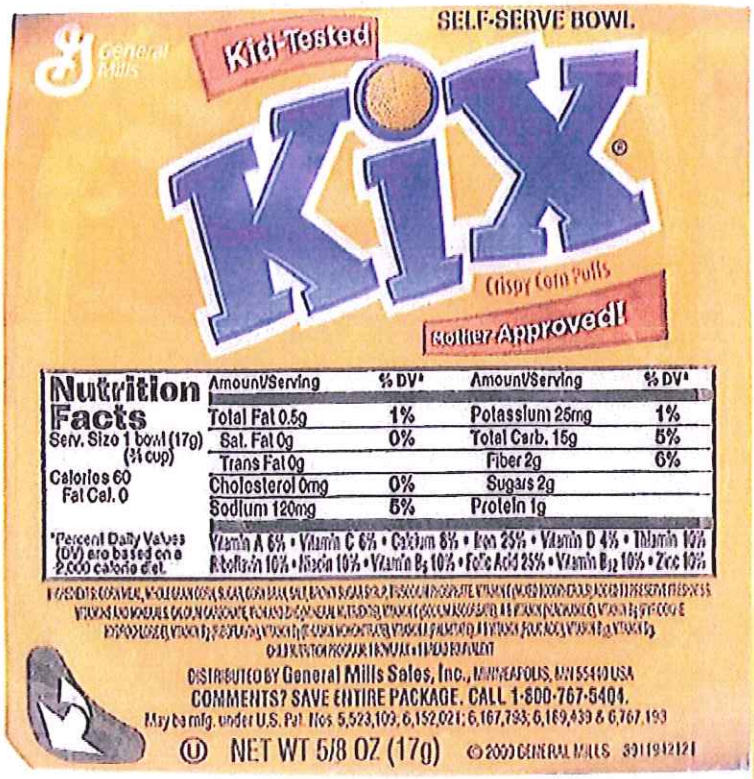

General Mills
SELF-SERVE BOWL
Golden Grahams
Cereal
Nutrition Facts
Serv. Size 1 bowl (28g) (¾ cup)
Calories 110
Fat Cal. 10
Amount/Serving %DV* Amount/Serving %DV*
Total Fat 1g 2% Potassium 55mg 2%
Sat. Fat 0g 0% Total Carb. 24g 8%
Trans Fat 0g Dietary Fiber 1g 4%
Cholest. 0mg 0% Sugars 9g
Sodium 220mg 9% Protein 1g
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Vitamin A 8% • Vitamin C 8% • Calcium 8% • Iron 20% • Vitamin D 8% • Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B6 20% • Folic Acid 20% • Vitamin B12 20% • Zinc 20%
Ingredients: Whole Grain Wheat, Sugar, Corn Meal, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Trisodium Phosphate, Artificial Flavor. BHT Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
CONTAINS WHEAT INGREDIENTS.
DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.


Malt-O-Meal
Toasty Os
MADE WITH Whole Grain!
TRY ME!
Nutrition Facts
NET WT 11/16 OZ (19.5g)
0 42400 00394 6

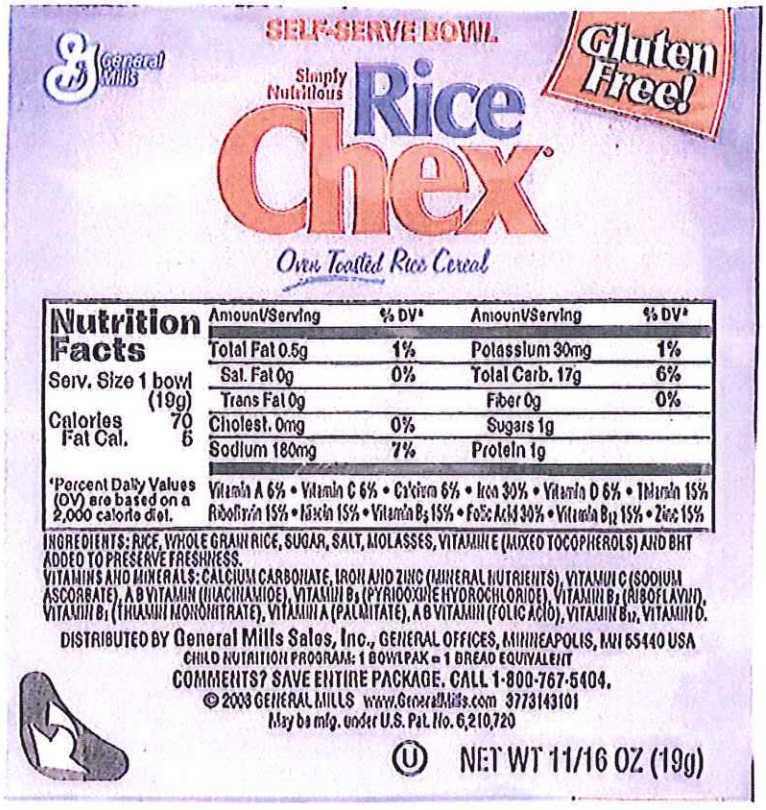

Malt-O-Meal
Cinnamon Toasters
TRY ME!
Nutrition Facts
NET WT 1.00 OZ. (28g)
0 42400 03915 0


Malt-O-Meal
Crispy Rice
Toasted Rice Cereal
Nutrition Facts
NET WT 0.63 OZ (17.7g) 5/8 OZ.
0 42400 00542 1


Malt-O-Meal
Raisin Bran
Whole Grain Wheat & Bran Cereal with Raisins
Nutrition Facts
NET WT 1.25 OZ (35g)
0 42400 00715 9


General Mills
Kid-Tested
SELF-SERVE BOWL
KIX
Crispy Corn Puffs
Mother Approved!
Nutrition Facts
Serv. Size 1 bowl (17g) (¾ cup)
Calories 60
Fat Cal. 0
Amount/Serving | % DV* | Amount/Serving | % DV*
Total Fat 0.5g | 1% | Potassium 25mg | 1%
Sat. Fat 0g | 0% | Total Carb. 15g | 5%
Trans Fat 0g | | Fiber 2g | 6%
Cholesterol 0mg | 0% | Sugars 2g |
Sodium 120mg | 5% | Protein 1g |
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Vitamin A 6% • Vitamin C 6% • Calcium 8% • Iron 25% • Vitamin D 4% • Thiamin 10% • Riboflavin 10% • Niacin 10% • Vitamin B6 10% • Folic Acid 25% • Vitamin B12 10% • Zinc 10%
DISTRIBUTED BY General Mills Sales, Inc., MINNEAPOLIS, MN 55440 USA
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.
May be mfg. under U.S. Pat. Nos 5,523,103; 6,152,021; 6,167,793; 6,169,439 & 6,767,193
NET WT 5/8 OZ (17g)
© 2009 GENERAL MILLS 3911912121


General Mills
SELF-SERVE BOWL
American Heart Association
Meets American Heart Association fo criteria for saturated fat and choleste for healthy people over age 2.
While many factors affect heart disea diets low in saturated fat and choleste may reduce the risk of this disease.
At least 8 grams of whole grain per serving. At least 48 grams recommended daily.
Cheerios
Toasted Whole Grain Oat Cereal
Nutrition Facts
Serving Size 1 bowl (19g)
Calories 70
Calories from Fat 10
Amount/Serving | % Daily Value* | Amount/Serving | % Daily Value*
Total Fat 1g | 2% | Potassium 120mg | 3%
Sat. Fat 0g | 0% | Total Carb. 14g | 5%
Trans Fat 0g | | Dietary Fiber 2g | 8%
Cholest. 0mg | 0% | Sugars less than 1g |
Sodium 110mg | 5% | Protein 2g |
*Percent Daily Values are based on a 2,000 calorie diet.
Vitamin A 10% • Vitamin C 6% • Calcium 6% • Iron 35% • Vitamin D 6% • Thiamin 15% • Riboflavin 15% • Niacin 15% • Vitamin B6 15% • Folic Acid 30% • Vitamin B12 15% • Phosphorus 6% • Magnesium 6% • Zinc 15%
Ingredients: Whole Grain Oats (includes the oat bran), Modified Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E (mixed tocopherols) Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.
DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.
CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT
NET WT 11/16 OZ (19g)
© 2010 GENERAL MILLS 3911911152


General Mills
SELF-SERVE BOWL
Simply Nutritious
Rice Chex
Gluten Free!
Oven Toasted Rice Cereal
Nutrition Facts
Serv. Size 1 bowl (19g)
Calories 70
Fat Cal. 6
Amount/Serving | % DV* | Amount/Serving | % DV*
Total Fat 0.5g | 1% | Potassium 30mg | 1%
Sat. Fat 0g | 0% | Total Carb. 17g | 6%
Trans Fat 0g | | Fiber 0g | 0%
Cholest. 0mg | 0% | Sugars 1g |
Sodium 180mg | 7% | Protein 1g |
*Percent Daily Values (DV) are based on a 2,000 calorie diet.
Vitamin A 6% • Vitamin C 6% • Calcium 6% • Iron 30% • Vitamin D 6% • Thiamin 15% • Riboflavin 15% • Niacin 15% • Vitamin B6 15% • Folic Acid 30% • Vitamin B12 15% • Zinc 15%
INGREDIENTS: RICE, WHOLE GRAIN RICE, SUGAR, SALT, MOLASSES, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS.
VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D.
DISTRIBUTED BY General Mills Sales, Inc., GENERAL OFFICES, MINNEAPOLIS, MN 55440 USA
CHILD NUTRITION PROGRAM: 1 BOWLPAK = 1 BREAD EQUIVALENT
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-5404.
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May be mfg. under U.S. Pat. No. 6,210,720
NET WT 11/16 OZ (19g)