



16000-11943
Golden Grahams
Self-Serve Bowl
NET WT 1 OZ (28g)



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.

Nutrition Facts			
Serving Size 1 bowl (28g) (3/4 cup)			
Amount Per Serving			
Calories	110		
Calories from Fat	10		
% Daily Value*			
Total Fat 1g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 220mg	9%		
Potassium 55mg	2%		
Total Carbohydrate 24g	8%		
Dietary Fiber 1g	4%		
Sugars 9g			
Protein 1g			
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%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Information			
100g			
Amount Per Serving			
Calories	387.1		
Calories from Fat	32.3		
Total Fat	4.2 g		
Saturated Fat	0.0 g		
Trans Fat	0.0 g		
Cholesterol	0.0 mg		
Sodium	774.2 mg		
Potassium	225.8 mg		
Total Carbohydrate	87.1 g		
Dietary Fiber	5.6 g		
Sugars	32.3 g		
Protein	6.5 g		
Vitamin A	1612.9 IU	Vitamin C	19.4 mg
Calcium	322.6 mg	Iron	14.5 mg
Vitamin D	129.0 IU	Thiamin	1.2 mg
Riboflavin	1.4 mg	Niacin	16.1 mg
Vitamin B6	1612.9 mcg	Folic Acid	322.6 mcg
Vitamin B12	4.8 mcg	Zinc	12.1 mg

CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

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16000-31923
Trix
Naturally and Artificially Fruit Flavored Sweetened
Corn Puffs
Self-Serve Bowl
NET WT 1 OZ (28g)



Ingredients:

Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Canola and/or Rice Bran Oil, Salt, Trisodium Phosphate, Red 40, Yellow 6, Blue 1 and Other Color Added, Natural and Artificial Flavor, Citric Acid, Malic Acid. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, 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.

Nutrition Facts			
Serving Size 1 Bowl (28g) (1 cup)			
Amount Per Serving			
Calories	110		
Calories from Fat	10		
		% Daily Value*	
Total Fat 1g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		6%	
Potassium 45mg		1%	
Total Carbohydrate 24g		8%	
Dietary Fiber 1g		5%	
Sugars 9g			
Protein 1g			
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%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Information			
100g			
Amount Per Serving			
Calories	375.0		
Calories from Fat	31.3		
Total Fat	4.1 g		
Saturated Fat	0.0 g		
Trans Fat	0.0 g		
Cholesterol	0.0 mg		
Sodium	525.0 mg		
Potassium	218.8 mg		
Total Carbohydrate	84.4 g		
Dietary Fiber	4.7 g		
Sugars	31.3 g		
Protein	3.1 g		
Vitamin A	2343.8 IU	Vitamin C	18.8 mg
Calcium	312.5 mg	Iron	16.9 mg
Vitamin D	125.0 IU	Thiamin	1.6 mg
Riboflavin	1.9 mg	Niacin	18.8 mg
Vitamin B6	2187.5 mcg	Folic Acid	375.0 mcg
Vitamin B12	4.7 mcg	Zinc	14.1 mg

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16000-31888
25% Less Sugar Cocoa Puffs
Self-Serve Bowl
 1-1/16 (30g)



Ingredients:

Whole Grain Corn, Sugar, Corn Meal, Corn Syrup, Cocoa Processed with Alkali, Canola and/or Rice Bran Oil, Caramel and Beet Juice Concentrate Color, Salt, Natural and Artificial Flavor, Trisodium Phosphate. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, 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.**

Nutrition Facts			
Serving Size 1 Bowl (30g) (1 cup)			
Amount Per Serving			
Calories	110		
Calories from Fat	15		
% Daily Value*			
Total Fat 1.5g	2%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 160mg	7%		
Potassium 90mg	3%		
Total Carbohydrate 25g	8%		
Dietary Fiber 2g	7%		
Sugars 8g			
Protein 2g			
Vitamin A	10%	Vitamin C	10%
Calcium	10%	Iron	25%
Vitamin D	10%	Thiamin	25%
Riboflavin	25%	Niacin	25%
Vitamin B6	25%	Folic Acid	25%
Vitamin B12	25%	Zinc	25%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Information			
100g			
Amount Per Serving			
Calories	382.9		
Calories from Fat	44.7		
Total Fat	5.0 g		
Saturated Fat	0.8 g		
Trans Fat	0.1 g		
Cholesterol	0.0 mg		
Sodium	523.6 mg		
Potassium	295.5 mg		
Total Carbohydrate	83.3 g		
Dietary Fiber	5.8 g		
Sugars	26.1 g		
Protein	6.3 g		
Vitamin A	1666.7 IU	Vitamin C	20.0 mg
Calcium	333.3 mg	Iron	15.0 mg
Vitamin D	133.3 IU	Thiamin	1.3 mg
Riboflavin	1.4 mg	Niacin	16.7 mg
Vitamin B6	1666.7 mcg	Folic Acid	333.3 mcg
Vitamin B12	5.0 mcg	Zinc	12.5 mg

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16000-11815
Cinnamon Toast Crunch®
Crispy, Sweetened Whole Wheat and Rice Cereal
Self-Serve Bowl
NET WT 1 OZ (28g)



Ingredients:

Whole Grain Wheat, Sugar, Rice Flour, Rice Bran and/or Canola Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added. BHT Added to Preserve Freshness.

Vitamins and Minerals: Tricalcium Phosphate, 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.

Nutrition Facts			
Serving Size 1 Bowl (28g) (3/4 cup)			
Amount Per Serving			
Calories	110		
Calories from Fat	25		
% Daily Value*			
Total Fat 3g	4%		
Saturated Fat 0.5g	3%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 160mg	7%		
Potassium 50mg	1%		
Total Carbohydrate 22g	7%		
Dietary Fiber 2g	6%		
Sugars 8g			
Protein 1g			
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%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Information			
100g			
Amount Per Serving			
Calories	410.5		
Calories from Fat	91.1		
Total Fat	10.1 g		
Saturated Fat	1.1 g		
Trans Fat	0.2 g		
Cholesterol	0.0 mg		
Sodium	581.2 mg		
Potassium	175.1 mg		
Total Carbohydrate	79.0 g		
Dietary Fiber	5.3 g		
Sugars	29.8 g		
Protein	5.3 g		
Vitamin A	1612.9 IU	Vitamin C	19.4 mg
Calcium	322.6 mg	Iron	14.5 mg
Vitamin D	129.0 IU	Thiamin	1.2 mg
Riboflavin	1.4 mg	Niacin	16.1 mg
Vitamin B6	1612.9 mcg	Folic Acid	322.6 mcg
Vitamin B12	4.8 mcg	Zinc	12.1 mg

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