RS Cinnamon Toast Crunch® Cereal Breakfast
MFG# 38095

Breakfast Items	General Mills® RS Cinnamon Toast Crunch® Cereal	MJM® Honey Graham w/Fiber	notables® Orange Tangerine Juice
Basic Information			
Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit
Nutrition Information			
Calories	110	110	60
Cal from Fat	25	30	0
Total Fat (g)	3	3.5	0
Sat Fat (g)	0.5	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	140	10
Carbs (g)	22	20	15
Fiber (g)	3	3	0
Sugars (g)	6	7	14
Protein (g)	1	1	0
Vitamin A	8%	6%	30%
Vitamin C	8%	6%	100%
Calcium	20%	0%	10%
Iron	20%	10%	0%

Ingredient lists

Cereal	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: 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.
Graham	Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, oat fiber, honey, salt,sodium bicarbonate, molassas, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate and maltodextrin as carrier), extract of annatto. Allergen Information: Contains wheat
Orange Tangerine Juice	Apple, orange and tangerine juices from concentrate (pure filtered water and juice concentrates), natural flavors, calcium citrate, citric acid, ascorbic acid (vitamin C), beta carotene (for color).


MJM
Good Source of Fiber
3 count
Honey Graham
Whole Grain Crackers
Cinnamon Toast Crunch
Crispy WHOLE WHEAT and RICE Cereal
25% LESS SUGAR
NET WT 1 OZ (28g)
SELF-SERVE BOWL
Nutrition Facts
notables
100% JUICE
Orange Tangerine
4.23 FL OZ (125mL)