



**Honey Nut Cheerios® Cereal Breakfast Kit  
MFG# 38098**

<b>Breakfast Items</b>	<b>General Mills® Honey Nut Cheerios®</b>	<b>MJM® Apple Cinnamon Bear Grahams</b>	<b>notables® Apple Juice</b>
<b>Basic Information</b>			
Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Grain Equivalent	1 Fruit
<b>Nutrition Information</b>			
Calories	110	115	60
Cal from Fat	10	31	0
Total Fat (g)	1.5	3.5	0
Sat Fat (g)	0	0.5	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	160	100	5
Carbs (g)	22	20	15
Fiber (g)	2	2	0
Sugars (g)	9	7	14
Protein (g)	2	1	0
Vitamin A	10%	6%	0%
Vitamin C	10%	6%	100%
Calcium	10%	2%	10%
Iron	25%	10%	0%

**Ingredient lists**

Cereal: Whole Grain Oats, Sugar, Oat Bran, Modified Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Rice Bran Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) 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 ALMOND; MAY CONTAIN WHEAT INGREDIENTS.

Apple Cinnamon Grahams: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cinnamon, modified wheat starch, salt, sodium bicarbonate, natural flavors, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), annatto extract.  
Allergen Information: Contains Wheat

Apple Juice: Apple juice from concentrate (pure filtered water and concentrated apple juice), calcium citrate, ascorbic acid (vitamin C), Vitamin D3.



**Multigrain Flavored Honey Nut Cheerios**

General Mills  
Whole Grains

SELF-SERVE BOWL  
Nutrition Fact  
Serving Size 1 bowl (28g) (1/2 cup)

Amount Per Serving	
<b>Calories</b> 110	
<b>Total Fat</b> 2g	4%
<b>Total Carbohydrate</b> 22g	7%
<b>Protein</b> 2g	4%
<b>Total Fiber</b> 2g	8%
<b>Sugars</b> 9g	
<b>Other Carbohydrate</b> 11g	
<b>Other Nutrients</b>	
<b>Sodium</b> 160mg	7%
<b>Potassium</b> 115mg	3%
<b>Dietary Fiber</b> 2g	8%
<b>Soluble Fiber</b> < 1g	
<b>Vitamin A</b> 10%	<b>Vitamin C</b> 10%
<b>Calcium</b> 10%	<b>Iron</b> 25%
<b>Vitamin D</b> 10%	<b>Thiamin</b> 25%
<b>Riboflavin</b> 25%	<b>Niacin</b> 25%
<b>Vitamin B<sub>6</sub></b> 25%	<b>Folic Acid</b> 10%
<b>Vitamin B<sub>12</sub></b> 20%	<b>Phosphorus</b> 6%
<b>Magnesium</b> 6%	<b>Zinc</b> 25%

Ingredients: Whole Grain Oats, Sweetened Whole Grain Oats, Starch, Honey, Brown Sugar, Phosphates, Canola and Natural Almond Flavor. Contains 14g of Whole Grain Oats.

IN WHEAT INGREDIENTS: 2013 General Mills, Minneapolis, MN 55440 USA. ENTIRE PACKAGE. CALL 1-800-767-5404. © 2013 General Mills. NET WT 1 OZ (28g)

