Rice Chex® Cereal Breakfast
MFG#38099

Breakfast Items	General Mills® Rice Chex® Cereal Bowl	Sunrich Naturals® Honey Roasted Sunflower Seeds	notables® Orange Tangerine Juice
Basic Information			
Serving Size	1 ounce (28g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1 Fruit
Nutrition Information			
Calories	100	160	60
Cal from Fat	5	120	0
Total Fat (g)	0.5	14	0
Sat Fat (g)	0	1	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	250	55	10
Carbs (g)	24	8	15
Fiber (g)	1	2	0
Sugars (g)	2	4	14
Protein (g)	2	5	0
Vitamin A	10%	0%	30%
Vitamin C	10%	0%	100%
Calcium	10%	2%	10%
Iron	50%	6%	0%

Ingredient lists

Cereal	Whole Grain Rice, 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 D3.
Sunflower Seeds	non-GMO sunflower seed kernels, sugar, sunflower oil, honey, salt, maltodextrin, and xantham gum.
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
3 count
Cinnamon Graham Crackers
Simply Nutritious
Rice Chex
GLUTEN FREE
Oven Toasted Rice Cereal
SELF-SERVE BOWL
Nutrition Facts
Serving Size 1 Bowl (28g) (1 cup)
Calories 100
Total Fat 0.5g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 250mg 11%
Potassium 50mg 1%
Total Carbohydrate 24g 8%
Dietary Fiber 1g 4%
Sugars 2g
Protein 2g
Vitamin A 10% • Vitamin C 10%
Calcium 10% • Iron 50%
Vitamin D 10% • Thiamin 25%
Riboflavin 25% • Niacin 25%
Vitamin B6 25% • Folic Acid 50%
Vitamin B12 25% • Zinc 25%
Ingredients: Whole Grain Rice, 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 D3.
GLUTEN FREE
NET WT 1 OZ (28g)
notables
100% JUICE
Orange Tangerine
4.23 FL OZ (125mL)