



**Cinnamon Toast Crunch® Cereal Bar Breakfast  
MFG#38101**

<b>Breakfast Items</b>	<b>General Mills® Cinnamon Toast Crunch® Cereal Bar</b>	<b>Sunrich Naturals® Lightly Salted Sunflower Seeds</b>	<b>notables® Orange Tangerine Juice</b>
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**Basic Information**

Serving Size	1 bar (40g)	1 ounce (28g)	4.23 fl. ounce
SBP Contribution	1 Grain Equivalent	1 Meat Alternate	1 Fruit

**Nutrition Information**

Calories	150	170	60
Cal from Fat	30	150	0
Total Fat (g)	3	16	0
Sat Fat (g)	0.5	1.5	0
Trans Fat (g)	0	0	0
Cholesterol (mg)	0	0	0
Sodium (mg)	115	110	10
Carbs (g)	30	4	15
Fiber (g)	3	2	0
Sugars (g)	8	1	14
Protein (g)	3	6	0
Vitamin A	0%	0%	30%
Vitamin C	0%	0%	100%
Calcium	20%	2%	10%
Iron	10%	10%	0%

**Ingredient lists**

Cereal Bar      Whole Grain Oats, Cereal (whole grain wheat, rice flour, sugar, maltodextrin, dextrose, canola and/or rice bran oil, salt, trisodium phosphate, calcium carbonate, zinc and iron [mineral nutrients], caramel color, A B Vitamin [niacinamide], Vitamin B6 [pyridoxine hydrochloride], Vitamin B2 [riboflavin], A B Vitamin [folic acid]), Corn Syrup, Sugar, Fructose, Canola And/or Rice Bran Oil, Whole Wheat Flour, Brown Rice Flour, Chicory Root Extract, Whole Corn Flour. Contains 2% or less of: Maltodextrin, Glycerin, Whole Oat Flour, Wheat Starch, Calcium Carbonate, Salt, Color Added, Cinnamon, Gelatin, Baking Soda, Natural Flavor, BHT Added to Retain Freshness. CONTAINS WHEAT INGREDIENTS.

Sunflower Seeds      non-GMO sunflower kernels, sunflower oil, salt.

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).

