



Honey Nut Cheerios™ Cereal Single Serve Bowlpak 1 oz

UPC: 016000119185

Information Accurate as of: **November 20, 2020**

DESCRIPTION

A sweetened twist on the classic cereal, Honey Nut Cheerios™ is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.

Case GTIN: **10016000119182**

Unit Weight: **1 OZ**

Units per case: **96**

Nutrition Facts

1 Bowl (28g)
Serving Size
Calories
per serving

110

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 1.5g	2%	Sodium 160mg	7%
Saturated Fat 0g	0%	Total Carbohydrate 23g	8%
Trans Fat 0g		Dietary Fiber 2g	7%
Cholesterol 0mg	0%	Total Sugars 9g	
		Soluble Fiber <1g	
		Includes 9g Added Sugars	18%
		Protein 2g	
Vitamin D 6%	• Calcium 6%	• Iron 15%	
Potassium 2%	• Vitamin A 6%	• Vitamin C 6%	
Thiamin 15%	• Riboflavin 6%	• Niacin 6%	
Vitamin B6 15%	• Folate 15%	• (35mcg Folic Acid) 15%	
Vitamin B12 15%	• Phosphorus 8%	• Magnesium 8%	
Zinc 15%			

**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Not a significant nutrient source

Nutrition Facts

Calories
Approx Per 100g

389

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 6g		Sodium 556mg	
Saturated Fat 0g		Total Carbohydrate 81g	
Trans Fat 0g		Dietary Fiber 8g	
Cholesterol 0mg		Total Sugars 33g	
		Soluble Fiber <3g	
		Includes 33g Added Sugars	
		Protein 8g	
Vitamin D • Calcium		• Iron	
Potassium • Vitamin A		• Vitamin C	
Thiamin • Riboflavin		• Niacin	
Vitamin B6 • Folate		• (125mcg Folic Acid)	
Vitamin B12 • Phosphorus		• Magnesium	
Zinc			

**The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*Not a significant nutrient source

INGREDIENTS & ALLERGENS: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. **CONTAINS ALMOND INGREDIENTS.**

KOSHER APPROVAL: OU

Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.
Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.



Smart Snacks Product Calculator Results

Brand: **Cheerios**

Product Name: **Honey Nut
Cheerios Bowlpak**

Serving Size:
28.00 g

First Ingredient:
Whole Grain Oats

Your whole grain product meets all nutrient standards for entrees or snack foods.

Nutrition Facts

Serving Size 28.00 g ⓘ

Servings Per Container

Amount Per Serving

Calories 110

Calories from Fat 13.5

Total Fat (g) 1.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 160

Carbohydrates

Sugars (g) 9

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.

LEADING THE WAY FOR CHILDREN'S HEALTH



Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weights per oz equivalent)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Honey Nut Cheerios® Bowlpak Code No.: 16000-11918

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No How many grams:
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). Indicate to which Exhibit A Group (A-I) the Product Belongs: I

Table with 4 columns: Description of Product per Food Buying Guide, Portion Size of Product as Purchased (A), Weight of one ounce equivalent as listed in SP 30-2012 (B), and Creditable Amount (A ÷ B). Row 1: Ready to Eat Cereal, 28g, 28g, 28g ÷ 28g = 1.0. Row 2: Total Creditable Amount, 1.00.

1Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 1.0 OZ (28g)
Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Handwritten signature of Wendy Ramaker

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
January 02, 2020