

BOWLPAK



UPC	Product ¹	Case/Pack	Oz Equivalent Grain	Whole Grain-Rich	Gluten-Free	No Artificial Flavors or Colors from Artificial Sources	No High Fructose Corn Syrup	Made without Gelatin	Kosher Status	Serving Weight	Total Calories	Calories from Fat	Total Fat (g)	Total Fat %DV	Saturated Fat (g)	Saturated Fat %DV	Trans Fat (g)	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Smart Snacks-Compliant ⁴	CACFP-Eligible
100-16000-31879-0	Apple Cinnamon Cheerios™ Gluten-free Sweetened whole grain oats with apple cinnamon flavor in a bowl pack format. Made without gelatin. Gluten-free. One bowl equals 1 oz. equivalent grain. 9 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1 oz	1	✓	✓	✓	✓	✓	Ⓢ	28g	110	13.5	1.5	2	0	0	0	110	23	2	9	✓	
100-16000-32262-9	Cheerios™ Gluten-free Toasted, whole grain oat cereal in ring-shaped pieces in a bowl pack format. Made without gelatin. Gluten-free. One bowl equals 1 oz. equivalent grain. 1 gram or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/1 oz	1	✓	✓	✓	✓	✓	Ⓢ	28g	100	18	2	3	0	0	0	140	21	3	1	✓	✓
100-16000-38387-3	Cinnamon Chex™ Gluten-free Sweetened whole grain rice cereal made with real cinnamon in a bowl pack format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/1 oz	1	✓	✓	✓	✓	✓	Ⓢ	28g	120	22.5	2.5	3	0	0	0	170	23	1	6	✓	✓
100-16000-11815-4	Cinnamon Toast Crunch™ Crisp, sweetened whole grain wheat and whole grain rice cereal made with real cinnamon in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 8 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1 oz	1	✓		✓	✓	✓	Ⓢ ^b	28g	120	27	3	4	0	0	0	160	22	1	8	✓	
100-16000-29444-5	25% Less Sugar Cinnamon Toast Crunch™ Sweetened whole grain wheat and whole grain rice cereal made with real cinnamon in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 6 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/1 oz	1	✓		✓	✓	✓	Ⓢ ^b	28g	120	22.5	2.5	3	0	0	0	160	22	3	6	✓	✓
100-16000-33213-3	Corn Chex™ Gluten-free Oven-toasted, whole grain corn cereal in a bowl pack format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 3 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/1 oz	1	✓	✓	✓	✓	✓	Ⓢ	28g	100	4.5	0.5	1	0	0	0	200	24	1	3	✓	✓
100-16000-31888-2	25% Less Sugar Cocoa Puffs™ A puffed, sweetened, whole grain, corn-based, chocolate-flavored cereal in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 8 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1.06 oz	1	✓		✓	✓	✓	Ⓢ	30g	120	13.5	1.5	2	0	0	0	120	25	2	8	✓	
100-16000-11768-3	Frosted Corn Flakes™ Sugar-frosted flakes of whole grain corn in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 7 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1 oz	1	✓		✓	✓	✓	Ⓢ	28g	110	4.5	0.5	1	0	0	0	170	24	1	7	✓	

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100-16000-31916-2	Fruity Cheerios™ Gluten-free Fruity, sweetened whole grain oat cereal in ring-shaped pieces in a bowl pack format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 9 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1.12 oz	1	√	√	√	√	√	U	31g	120	13.5	1.5	2	0	0	0	140	25	2	9	√	
100-16000-11943-4	Golden Grahams™ Whole grain wheat (graham) cereal in rectangular, ridged pieces in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 8 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup.	96/1 oz	1	√		√	√	√	U ^o	28g	110	4.5	1	1	0	0	0	210	24	1	9	✖	
100-16000-11918-2	Honey Nut Cheerios™ Gluten-free Sweetened, whole grain cereal in ring-shaped pieces with real honey and natural almond flavoring in a bowl pack format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 9 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1 oz	1	√	√	√	√	√	U	28g	110	13.5	1.5	2	0	0	0	160	23	2	9	√	
100-16000-11866-6	Honey Nut Chex™ Gluten-free Oven-toasted whole grain corn cereal, sweetened with real honey and natural almond flavoring in a bowl pack format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 9 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1.13 oz	1	√	√	√	√	√	U	31g	120	4.5	0.5	1	0	0	0	200	27	1	9	√	
100-16000-11942-7	Kix™ Toasted whole grain, corn-puffed pieces in a bowl pack format. 1 bowl equals 0.5 oz. equivalent grain. 2 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/625 oz	0.5	√		√	√	√	U	17g	70	4.5	0.5	1	0	0	0	100	14	1	2	√	√
100-16000-31917-9	Lucky Charms™ Gluten-free Frosted, toasted, whole grain, oat-based cereal with marshmallow pieces in a bowl pack format. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 9 grams or less sugar. No high fructose corn syrup. Smart Snacks-compliant.	96/1 oz	1	√	√		√			28g	110	9	1	2	0	0	0	180	23	2	9	√	
100-16000-32263-6	Multi Grain Cheerios™ Gluten-free Whole grain oats, corn, rice, sorghum and millet lightly sweetened in a bowl pack format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/1 oz	1	√	√	√	√	√	U	28g	110	9	1	1	0	0	0	110	23	3	6	√	√
100-16000-31919-3	Reese's Puffs® Puffed, whole grain, corn-puffed cereal sweetened with Reese's peanut butter and Hershey's™ cocoa in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 9 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1 oz	1	√		√	√	√	U	28g	120	27	3	4	0.5	3	0	150	21	1	9	√	
100-16000-31921-6	Rice Chex™ Gluten-free Oven toasted whole grain rice cereal in a bowl pack format. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 2 grams or less sugar. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible.	96/1 oz	1	√	√	√	√	√	U	28g	100	4.5	0.5	1	0	0	0	250	24	1	2	✖	√

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100-16000-12392-9	Total™ Raisin Bran Crisp, whole grain wheat and bran flakes with raisins in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 12 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup.	96/1.19 oz	1	√		√	√	√	Ⓢ	33g	120	4.5	0.5	1	0	0	0	140	28	3	12	✦	
100-16000-31922-3	25% Less Sugar Trix™ Fruit-flavored, sweetened, whole grain, corn-puffed cereal in a bowl pack format. 1 bowl equals 1 oz. equivalent grain. 7 grams or less sugar. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant.	96/1 oz	1	√		√	√	√	Ⓢ	28g	110	15	1.5	2	0	0	0	140	24	1	7	√	

- By requirements of the Richard B. Russell National School Lunch Act's (NSLA) Buy American provision in 7 CFR 210.21(d), all products in this guide are Buy American compliant.
- At least 48g of whole grain recommended daily.
- A serving of "whole grain-rich" food must meet portion size requirements for the Grains/Breads component as defined in FNS guidance and meet at least one of the following: (a) the whole grains per serving is 8g, (b) the product includes the FDA whole grain health claim on package, or (c) product ingredient listing lists whole grain first, or whole grain is listed second after water. Source: <http://www.gpo.gov/fdsys/pkg/FR-2012-01-26/pdf/2012-1010.pdf>
- Meets USDA Smart Snacks Final Rule Criteria/HUSSC.
- Item can credit toward oz equivalent grain as long as at least one serving per day, across all CACFP eating occasions, is whole grain-rich.

✦ This grain-only entrée does not qualify on its own to be sold as a competitive food, but can be served as a competitive food the same day as service or the following day if the school participates in the School Breakfast Program and has designated the item as the entrée in the reimbursable breakfast meal per the USDA Memo SP35-2014: <https://fns-prod.azureedge.net/sites/default/files/cn/SP35-2014os.pdf>

As of October 2020. Subject to change. Visit www.generalmills.com/k12 for the latest information. For more information, call 1.800.767.5404 or visit www.generalmills.com.

