Cinnamon Chex™ Bowlpak Cereal


Nutrition Information:

<table>
<thead>
<tr>
<th>Serving Size:</th>
<th>Amount Per Serving:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Bowl (28g)</td>
<td>As Packaged</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Calories</th>
<th>120</th>
<th>Calories From Fat 25</th>
</tr>
</thead>
</table>

% Daily Value*  

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>2.5g</th>
<th>4%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
<td>7%</td>
</tr>
<tr>
<td>Potassium</td>
<td>40mg</td>
<td>1%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22g</td>
<td>8%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
<tr>
<td>Vitamin A</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Iron</td>
<td>40%</td>
<td></td>
</tr>
<tr>
<td>Vitamin D</td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Thiamin</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Riboflavin</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Niacin</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Folic Acid</td>
<td>45%</td>
<td></td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>20%</td>
<td></td>
</tr>
<tr>
<td>Zinc</td>
<td>20%</td>
<td></td>
</tr>
</tbody>
</table>

* Percent Daily Value (DV) are based on a 2,000 calorie diet  
* - Not a significant nutrient source  
* Nutritional information is subject to change. See product label to verify ingredients and allergens.  
* Do not eat raw dough or batter.

Ingredients:
Whole Grain Rice, Rice, Sugar, Canola Oil, Salt, Rice Fiber, Cinnamon, Molasses, Natural Flavor. Vitamin E (mixed tocopherols) 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 B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

ALLERGENS:  
Kosher

Preparation Instructions:  
Single-serve ready to eat dry cereal

Package Information:

| NET WEIGHT | N/A |
| VOLUME: | 1.777 CF |
| HEIGHT: | 14 IN |
| LENGTH: | 16.87 IN |
| WIDTH: | 13 IN |
| CASE SIZE: | 1.777 CF |
Real Cinnamon and sugar in every bite. Crispy, sweetend whole wheat and rice cereal. No Artificial Flavors. Contains 12 vitamins and minerals.

### Malt-O-Meal

**Cinnamon Toasters**

**Bowl Pack**

| Pack & Size | 96 / 1 oz |

---

**Top Seller - Meets K12 1 oz Equivalent Grain**

- **All Family Favorite**
- **Only 9g Sugar**
- **Whole Grain Wheat 1st Ingredient**
- **Smart Snack Qualified**
- **1 oz equivalent grain**
- **Vitamin Fortified**

---

**Nutrition Facts**

- **Total Fat**: 3.5g
- **Sodium**: 130mg
- **Total Carbs**: 22g
- **Dietary Fiber**: <1g
- **Sugar**: 9g
- **Protein**: 1g
- **Calories per serving**: 120
- **oz equivalent grain**: 1 oz
- **% Whole Grain**: 64%
- **< 6.99g non-creditable grains per 1 oz**: √
- **≤ 150 calories**: √
- **≤ 35% calories from fat**: √
- **≤ 10% calories from saturated fat**: √
- **≤ 35% sugar by weight**: √
- **0g trans fat per serving**: √
- **Smart Snack Qualified**: √
- **Shelf Life (days)**: 365
- **Kosher Symbol**: √

---

**Ingredients**:

- Whole grain wheat, sugar, rice flour, canola oil and/or partially hydrogenated soybean oil, fructose, maltodextrin, dextrose, salt, tricalcium phosphate, cinnamon, soy lecithin, trisodium phosphate, annatto and caramel color, natural flavor, vitamin C (ascorbate acid), niacin (niacinamide), reduced iron, zinc (zinc oxide), vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin D, vitamin B1 (thiamin mononitrate), vitamin B12 (cyanocobalamin), BHT (to preserve freshness).

- Contains wheat and soybean ingredients.

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**Complies With USDA Requirements For 1 Bread Equivalent Serving**

- **12 VITAMINS & MINERALS**
- **EXCELLENT SOURCE OF IRON**
- **MADE WITH WHOLE GRAIN**

---

1-800-743-3029 or visit us on the web at: maltomeal.com

**NET WT 1.00 OZ (28g)**
Formulation Statement for Documenting Grains in School Meals
(Crediting Standards Based on Revised Exhibit A weights per oz equivalent)

Product Name: Malt-O-Meal Cinnamon Toasters Bowl Pack
Code No: 03915
Manufacturer: Post Consumer Brands
Serving Size: 1 oz

I. Does the product meet the Whole Grain-Rich Criteria: Yes
(Refer to SP 30-2012 Grain Requirements for National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes
How many grams: 5
(Products with more than .24 oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit toward 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).
(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Group A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group (A-I) the Product Belongs:

<table>
<thead>
<tr>
<th>Description of Product per Food Buying Guide</th>
<th>Portion Size of Product as Purchased</th>
<th>Weight of one ounce equivalent as listed in SP 30-2012</th>
<th>Creditable Amount A + B</th>
</tr>
</thead>
<tbody>
<tr>
<td>RTE Cereal</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Total Creditable Amount1

Total weight (per portion) of product as purchased: 1 oz
Total contribution of product (per portion) 1 oz equivalent

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

I further certify that the above information is true and correct and the 1 ounce portion of this product (ready for serving) provides 1 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.

Merrilee Olson
K12 Sales Manager
763-245-0853

1/13/2017

Smart Snacks Product Calculator Results
Brand: Malt-O-Meal
Product Name: Cinnamon Toasters Cereal Bowl Pack
Serving Size: 28.35 g
First Ingredient: Whole Grain Wheat
• Your whole grain product meets all nutrient standards.

Nutrition Facts
Serving Size 1 oz (about 28.35 g) 1
Amount Per Serving
Calories 120
Calories from Fat 120
Total Fat (g) 3.5
Saturated Fat (g) 0.5
Trans Fat (g) 0
Sodium (mg) 130
Carbohydrates
Sugars (g) 9
Fiber (g) 5

Vitamin D (%) NA
Potassium (%) NA
Calcium (%) NA
Dietary Fiber (%) NA

Post Consumer Brands, LLC • 20802 Kensington Boulevard • Lakeville, MN 55044 • 952-322-8000
Honey Scooters **Special Edition** - small bowl pack

<table>
<thead>
<tr>
<th>Malto-O-Meal Honey Scooters Bowl Pack</th>
<th>HNK-1 BP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pack &amp; Size</td>
<td>96 / 1 oz</td>
</tr>
</tbody>
</table>

A puffed toasted cereal in donut-shaped pieces with real honey. 6g sugar per 1 oz eq grain serving. Low fat. Contains 13 essential vitamins & minerals. No artificial flavors or certified synthetic colors. Smart Snack Qualified. NO NUTS.

**Meets K12 1 oz Equivalent Grain**
- All Family Favorite
- Only 6g Sugar - CACFP Qualified
- Whole Grain Oat Flour 1st Ingredient
- Smart Snack Qualified
- 1 bowl = 1 oz equivalent grain
- 13 essential vitamins & minerals
  - Good Source of: Vitamin A, Vitamin C, Calcium, Vitamin D, Phosphorus
  - Excellent source of: Iron, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Zinc

This Honey Scooters - Special Edition cereal contains 25% less sugar than our regular Honey Scooters cereal.
- NO NUTS

---

**Nutrition Facts**

- Serving Size 1 bowl (28g)
- Calories 110
  - Calories from Fat 15

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount/Serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>10mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
<td>7%</td>
</tr>
<tr>
<td>Potassium</td>
<td>75mg</td>
<td>2%</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>22g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>8%</td>
</tr>
<tr>
<td>Sugars</td>
<td>6g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
<td></td>
</tr>
</tbody>
</table>

**Ingredients:** Whole Grain Oat Flour, Sugar, Wheat Starch, Honey, Salt, Trisodium Phosphate, Caramel Color, Molasses, Natural Flavor. **Vitamins & Minerals:** Calcium Carbonate, Reduced Iron, Sodium Ascorbate (Vitamin C), Miacinamide (Vitamin B3), Zinc Oxide (source of zinc), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Vitamin B12, Vitamin B3, Vitamin B6.

**Contains Wheat.**

1-800-743-3029 or visit us on the web at: PostConsumerBrands.com

**Smart Snack Qualified**

**CACFP Qualified**

**Meets USDA Whole Grain Criteria**
- yes: 1st Ingredient = Whole Grain Oat Flour

**Smart Snack Qualified**

1 bowl = 1 oz equivalent grain

13 essential vitamins & minerals
- Good Source of: Vitamin A, Vitamin C, Calcium, Vitamin D, Phosphorus
- Excellent source of: Iron, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Zinc

---

**Pack & Size**
- Case 27597
- Case GTIN 1 00 42400 27597 5
- Shipping Weight (lbs.) 8.87
- Case Cube (cu. ft.) 2.29
- Case Dimensions LxWxH (inches) 16.56 x 13 x 18.38
- Pallet: Tier (Cases per layer) 9
- Pallet: Hi (Number of Layers) 2
- Cases per pallet 18

**Meets USDA Whole Grain Criteria**
- yes: 1st Ingredient = Whole Grain Oat Flour

**Allergens Present**
- Wheat

**Country of Origin**
- USA

**oz equivalent grain**
- 1 oz

**% Whole Grain**
- 90%

**< 6.99g non-creditable grains per 1 oz**
- √

**≤ 150 calories**
- √

**≤ 35% calories from fat**
- √

**≤ 10% calories from saturated fat**
- √

**≤ 35% sugar by weight**
- √

**0g trans fat per serving**
- √

**Smart Snack Qualified**
- √

**Shelf Life (days)**
- 365

**Kosher Symbol**
- ●

**Calories per serving**
- 110

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>1.5g</td>
</tr>
<tr>
<td>Sodium</td>
<td>170mg</td>
</tr>
<tr>
<td>Total Carbs</td>
<td>22g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Sugar</td>
<td>6g</td>
</tr>
<tr>
<td>Protein</td>
<td>3g</td>
</tr>
</tbody>
</table>
Formulation Statement for Documenting Grains in School Meals  
(Crediting Standards Based on Revised Exhibit A weights per oz equivalent)

Product Name: Malt-O-Meal Honey Scooters Special Edition Bowl Pack  
Code No: 27597

Manufacturer: Post Consumer Brands  
Serving Size: 1 oz

I. Does the product meet the Whole Grain-Rich Criteria: Yes  
(Refer to SP 30-2012 Grain Requirements for National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes  
How many grams: 2.19  
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit toward 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).  
(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains.  
Group A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group (A-I) the Product Belongs:

<table>
<thead>
<tr>
<th>Description of Product per Food Buying Guide</th>
<th>Portion Size of Product as Purchased</th>
<th>Weight of one ounce equivalent as listed in SP 30-2012</th>
<th>Creditable Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>RTE Cereal</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Total Creditable Amount¹  

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 oz  
Total contribution of product (per portion) 1 oz equivalent

I further certify that the above information is true and correct and the 1 ounce portion of this product (ready for serving) provides 1 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.

Signature & Date  
Merrilee Olson  
4/11/2017

Printed Name  
K12 Sales Manager

Title  
763-245-0853

Phone #

---

Smart Snacks Product Calculator Results

Brand: Malt-O-Meal

Product Name: Honey Scooters Special Edition Bowl Pack

Serving Size: 28.35 g

First Ingredient: Whole Grain Oat Flour

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

---

Nutrition Facts

Serving Size 1 oz (about 28.35 g)  
Servings Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 110</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Calories from Fat 15</td>
</tr>
<tr>
<td></td>
<td>Total Fat (g) 1.5</td>
</tr>
<tr>
<td></td>
<td>Saturated Fat (g) 0</td>
</tr>
<tr>
<td></td>
<td>Trans Fat (g) 0</td>
</tr>
<tr>
<td>Sodium (mg) 170</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
</tr>
<tr>
<td>Sugars (g) 6</td>
<td></td>
</tr>
<tr>
<td>Vitamin D (%) NA</td>
<td>Potassium (%) NA</td>
</tr>
<tr>
<td>Calcium (%) NA</td>
<td>Dietary Fiber (%) NA</td>
</tr>
</tbody>
</table>
**Marshmallow Mateys Special Edition - small bowl pack**

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
</tr>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
</tr>
<tr>
<td><strong>Total Carbs</strong></td>
</tr>
<tr>
<td><strong>Sugar</strong></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
</tr>
</tbody>
</table>

**Ingredients:** Whole Grain Oat Flour, Sugar, Wheat Starch, Salt, Modified Cornstarch, Corn Syrup, Dextrose, Gelatin, Trehalose Phosphate, Artificial Flavor, Yellow 5, Red 40, Blue 1, Yellow 6. **Vitamins & Minerals:** Calcium Carbonate, Sodium Ascorbate, Vitamin C, Reduced Iron, Biotin (Vitamin B7), Zinc Oxide (Source of zinc), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Vitamin B12, Vitamin D3. Contains Wheat.

**Partially Produced with Genetic Engineering**

**Smart Snack Qualified**

**12 Essential Vitamins & Minerals**

- Good Source of: Vitamin A, Vitamin C, Calcium, Vitamin D
- Excellent Source of: Iron, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Zinc

**6g Sugar**

**Whole Grain Oat Flour 1st Ingredient**

1 bowl = 1 oz equivalent grain

**Smart Snack Qualified**

**12 Essential Vitamins & Minerals**

- Good Source of: Vitamin A, Vitamin C, Calcium, Vitamin D
- Excellent Source of: Iron, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Zinc

**Marshmallow Mateys - Special Edition Cereal contains 50% less sugar than our regular Marshmallow Mateys cereal.**

---

**Pack & Size:**

- **Case:** 27596
- **Case GTIN:** 1 00 42400 27596 8
- **Shipping Weight (lbs.):** 8.87
- **Case Cube (cu. ft.):** 2.29
- **Case Dimensions LxWxH (inches):** 16.56 x 13 x 18.38
- **Pallet: Tier (Cases per layer):** 9
- **Pallet: Hi (Number of Layers):** 2
- **Cases per pallet:** 18

---

**Meet USDA Whole Grain Criteria**

- yes: 1st Ingredient = Whole Grain Oat Flour

**Allergens Present**

- Wheat

**County of Origin**

- USA

---

**Malt-O-Meal**

**Marshmallow Mateys Special Edition**

- Small Bowl Pack

**Pack & Size:**

- **Pack & Size:** 96 / 1 oz

---

**Product Information**

**FOODSERVICE**

**Post**

**Malt-O-Meal**

**Marshmallow Mateys**

**Bowl Pack**

**MRK-1 BP**

**Top Seller - Meets K12 1 oz Equivalent Grain**

**All Family Favorite**

**6g Sugar**

**Whole Grain Oat Flour 1st Ingredient**

1 bowl = 1 oz equivalent grain

**Smart Snack Qualified**

**12 Essential Vitamins & Minerals**

- Good Source of: Vitamin A, Vitamin C, Calcium, Vitamin D
- Excellent Source of: Iron, Thiamin, Riboflavin, Niacin, Vitamin B6, Folic Acid, Vitamin B12, Zinc

**Marshmallow Mateys - Special Edition Cereal contains 50% less sugar than our regular Marshmallow Mateys cereal.**
Formulation Statement for Documenting Grains in School Meals
(Crediting Standards Based on Revised Exhibit A weights per oz equivalent)

Product Name: Malt-O-Meal Marshmallow Mateys Special Edition
Code No: 27596
Manufacturer: Post Consumer Brands
Serving Size: 1 oz

I. Does the product meet the Whole Grain-Rich Criteria: Yes
(Refer to SP 30-2012 Grain Requirements for National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes
How many grams:
(Products with more than .24 oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit toward 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).
(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Group A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group (A-I) the Product Belongs:

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<tr>
<th>Description of Product per Food Buying Guide</th>
<th>Portion Size of Product as Purchased</th>
<th>Weight of one ounce equivalent as listed in SP 30-2012</th>
<th>Creditable Amount A + B</th>
</tr>
</thead>
<tbody>
<tr>
<td>RTE Cereal</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Total Creditable Amount1 = 1

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

I further certify that the above information is true and correct and the __ ounce portion of this product (ready for serving) provides ___ 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.

Signature & Date
Merrilee Olson
3/23/2017

Printed Name
K12 Sales Manager
Title
763-245-0853
Phone #

Smart Snacks Product Calculator Results
Brand: Malt-O-Meal
Product Name: Marshmallow Mateys Special Edition Bowl Pack
Serving Size: 28.35 g
First Ingredient: Whole Grain Oat Flour

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

Nutrition Facts
Serving Size 1 oz (about 28.35 g) *
Servings Per Container

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 110</th>
<th>Calories from Fat 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat (g)</td>
<td>1.5</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Trans Fat (g)</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Sodium (mg)</td>
<td>270</td>
<td></td>
</tr>
<tr>
<td>Carbohydrates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugars (g)</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Vitamin D (%) NA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potassium (%) NA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium (%) NA</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber (%)</td>
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