



Start your morning right and enjoy the irresistible taste of crunchy corn flakes with a sparkle of sweet frosting in every spoonful. No artificial flavors or high fructose corn syrup in convenient single serve cups for easy breakfasts that kids will love. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain, whole grain-rich criteria and USDA Smart Snacks criteria.



Product Information:

PRODUCT CODE:	11768000
UPC:	16000117686
GTIN:	10016000117683
UNIT SIZE:	1
CASE COUNT:	96
ATTRIBUTES:	No Artificial Flavors 1 oz. Eq. Grain Zero Trans Fat No Colors from Artificial Sources Whole Grain

Ingredients & Allergens

Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Corn Syrup, Salt, Brown Sugar Syrup, Barley Malt Extract, Canola and/or Sunflower Oil, Baking Soda, 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 B2 (riboflavin), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

MAY CONTAIN WHEAT INGREDIENTS.

Preparation Instructions

Ready to eat

Package Information:

NET WEIGHT:	NET WT 1 OZ (28g)
VOLUME:	1.8 CF
HEIGHT:	14.1
LENGTH:	16.8
WIDTH:	96
CASE SIZE:	13

Nutrition Facts

Serving Size		1 bowl (28g)	100 g (100g)
		As Packaged	As Packaged
Calories		110	380
		% DV	
Total Fat	1g	1%	3g
Saturated Fat	0g	-	1g
Trans Fat	0g		0g
Cholesterol	0mg	-	0mg
Sodium	180mg	8%	659mg
Total Carbohydrate	24g	9%	86g
Dietary Fiber	1g	5%	5g
Total Sugars	6g	-	21g
Incl. Added Sugars	6g	11%	20g
Protein	2g		6g
Vitamin D	2µg	10%	7µg
Calcium	80mg	6%	268mg
Iron	8mg	45%	28mg
Potassium	0mg	-	197mg
Vitamin A	-	4%	129µg
Vitamin C	-	4%	13mg
Thiamin	-	10%	0mg
Riboflavin	-	6%	0mg
Niacin	-	6%	7mg
Vitamin B6	-	10%	1mg
Folate	-	10%	143µg
Folic Acid	25µg	-	89µg
Vitamin B12	-	10%	1µg
Zinc	-	10%	4mg
Water	-	-	2g
Ash	-	-	4g

* 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.

* Nutritional information is subject to change. See product label to verify ingredients and allergens.

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Product Photos:

