

FUEL4U RS Cinnamon Toast Crunch, MJM Vanilla Bear, 100% Orange Tangerine Juice Kit

MFR #: 10016000294445

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills 25% Less Sugar Cinnamon Toast Crunch	MJM Super Wholesome Vanilla Bear Grahams	Ardmore Farms Aseptic Juice Box: 100% Orange- Tangerine Blend	TOTAL
INDIVIDUAL UPC #	100-16000-29444-5	404001	62007	
SERVING SIZE	1 Bowl	1 package	1 Box	
WEIGHT PER SERVING	28 g.	28g or 1 oz	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	110	110	60	280
CALORIES FROM FAT (kcal)	25	30	0	55
TOTAL FAT (grams)	3	3.5	0	6.5
SATURATED FAT (grams)	0.5	0.5	0	1
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	160	95	5	260
TOTAL CARBOHYDRATES (grams)	22	20	15	57
SUGAR (grams)	6	6	14	26
DIETARY FIBER (grams)	3	2	0	5
PROTEIN (grams)	1	2	0	3
VITAMIN A (% of DV on 2,00 cal diet)	8	6	0	14
VITAMIN C (% of DV on 2,00 cal diet)	8	6	100	114
CALCIUM (% of DV on 2,00 cal diet)	20	2	10	32
IRON (% of DV on 2,00 cal diet)	20	10	0	30
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES		x	x	
INGREDIENTS:				
General Mills 25% Less Sugar Cinnamon Toast Crunch: Whole Grain Wheat, Sugar, Rice Flour, Canola and/or Rice Bran Oil, Polydextrose, Maltodextrin, Fructose, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color Added. BHT Added to Preserve Freshness. Vitamins and Minerals: Trisodium Phosphate, Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Allergens: Contains Wheat and Soy Ingredients.				
MJM Super Wholesome Vanilla Bear Grahams: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, dextrose, modified wheat starch, salt, sodium bicarbonate, monocalcium phosphate, corn starch, natural flavor, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as a carrier).				
Orange-Tangerine Blend: Filtered Water, Apple, Pear, Orange and Tangerine Juice Concentrates, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid.				

FUEL4U Frosted Flakes, MJM Chocolate Bear, 100% Tropical Fruit Blend Juice Kit

MFR #: 1001600011768

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills Frosted Corn Flakes Sweetened Flakes of Corn	MJM Super Wholesome Chocolate Bear Grahams	Ardmore Farms Aseptic Juice Box: 100% Tropical Fruit Blend	TOTAL
INDIVIDUAL UPC #	16000-11768	402001	62008	
SERVING SIZE	1 Bowl	1 Package	1 Box	
WEIGHT PER SERVING	28 g.	28 g or 1 oz	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	100	110	60	270
CALORIES FROM FAT (kcal)	5	30	0	35
TOTAL FAT (grams)	0.5	3	0	3.5
SATURATED FAT (grams)	0	0.5	0	0.5
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	190	105	5	300
TOTAL CARBOHYDRATES (grams)	24	21	15	60
SUGAR (grams)	8	7	14	29
DIETARY FIBER (grams)	1	2	0	3
PROTEIN (grams)	1	2	0	3
VITAMIN A (% of DV on 2,00 cal diet)	10	6	0	16
VITAMIN C (% of DV on 2,00 cal diet)	8	6	100	114
CALCIUM (% of DV on 2,00 cal diet)	15	2	10	27
IRON (% of DV on 2,00 cal diet)	35	15	0	50
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES		x	x	

INGREDIENTS:

Frosted Corn Flakes : Whole Grain Corn, Corn Meal, Sugar, Corn Starch, Salt, Corn Syrup, Brown Sugar Syrup, Malt Syrup, Color Added, Trisodium Phosphate, Distilled Monoglycerides, Sodium Citrate, Natural and Artificial Flavor. Vitamin E (mixed tocopherols) and BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), AB 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. May contain wheat ingredients.

MJM Super Wholesome Chocolate Bear Grahams: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cocoa (processed with alkali), salt, sodium bicarbonate, natural flavors, corn starch, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, and maltodextrin as carrier).

Tropical Fruit Blend: Filtered Water, Apple, Pear, Grape, Orange and Pineapple Juice Concentrate, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid.

FUEL4U Fruity Cheerios, MJM Lemon Dinosaur Crackers, 100% Apple Juice Kit

MFR #: 1600031916

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills Fruity Cheerios	MJM Super Whole-some Lemon Dinosaur Grahams	Ardmore Farms Aseptic Juice Box: 100% Apple	TOTAL
INDIVIDUAL UPC #	16000-319162	409001	62001	
SERVING SIZE	1 Bowl	1 Package	1 Box	
WEIGHT PER SERVING	31 g.	28 g or 1 oz	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	120	110	60	290
CALORIES FROM FAT (kcal)	15	30	0	45
TOTAL FAT (grams)	1.5	3.5	0	5
SATURATED FAT (grams)	0	0.5	0	0.5
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	150	95	5	250
TOTAL CARBOHYDRATES (grams)	26	20	15	61
SUGAR (grams)	10	6	15	31
DIETARY FIBER (grams)	2	1	0	3
PROTEIN (grams)	2	2	0	4
VITAMIN A (% of DV on 2,00 cal diet)	10	6	0	16
VITAMIN C (% of DV on 2,00 cal diet)	30	6	100	136
CALCIUM (% of DV on 2,00 cal diet)	10	2	10	22
IRON (% of DV on 2,00 cal diet)	25	10	0	35
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES		x	x	
INGREDIENTS:				
<p>Fruity Cheerios: Whole Grain Corn , Sugar, Whole Grain Oats, Corn Syrup, Pear Puree Concentrate, Rice Bran and/or Canola Oil, Salt, Corn Bran, Trisodium Phosphate, Sodium Citrate, Natural Flavor, Color (red 40, yellow 6, blue 1, and other color added), Corn Starch, Vitamin E (mixed tocopherols), BHT and Ascorbic Acid to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), AB Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Allergens: May Contain Wheat Ingredients.</p>				
<p>Lemon Dinosaur Grahams: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, natural lemon juice, natural lemon flavor, salt, sodium bicarbonate, monocalcium phosphate, citric acid, natural vanilla flavor, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate and maltodextrin carrier).</p>				
<p>Apple Juice: Filtered Water, Apple Juice Concentrate, Calcium Lactate, Ascorbic Acid (Vitamin C), Natural Flavors, Malic Acid.</p>				

FUEL4U Golden Grahams, MJM Chocolate Bear, 100% Apple Juice Kit

MFR #: 10016000119434

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills Golden Grahams	MJM Super Wholesome Chocolate Bear Grahams	Ardmore Farms Aseptic Juice Box: 100% Apple	TOTAL
INDIVIDUAL UPC #	16000-119434	402001	62001	
SERVING SIZE	1 Bowl	1 Package	1 Box	
WEIGHT PER SERVING	28 g.	28 g or 1 oz	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	100	110	60	270
CALORIES FROM FAT (kcal)	10	30	0	40
TOTAL FAT (grams)	1	3	0	4
SATURATED FAT (grams)	0	0.5	0	0.5
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	220	105	5	330
TOTAL CARBOHYDRATES (grams)	24	21	15	60
SUGAR (grams)	9	7	15	31
DIETARY FIBER (grams)	1	2	0	3
PROTEIN (grams)	1	2	0	3
VITAMIN A (% of DV on 2,00 cal diet)	8	6	0	14
VITAMIN C (% of DV on 2,00 cal diet)	8	6	100	114
CALCIUM (% of DV on 2,00 cal diet)	8	2	10	20
IRON (% of DV on 2,00 cal diet)	20	15	0	35
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES		x	x	

INGREDIENTS:

Golden Grahams : Whole Grain Wheat , Sugar, Corn Meal, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Trisodium Phosphate, Artificial Flavor. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), AB Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. Allergens: Contains Wheat Ingredients.

MJM Super Wholesome Chocolate Bear Grahams: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cocoa (processed with alkali), salt, sodium bicarbonate, natural flavors, corn starch, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, and maltodextrin as carrier).

Apple Juice: Filtered Water, Apple Juice Concentrate, Calcium Lactate, Ascorbic Acid (Vitamin C), Natural Flavors, Malic Acid.

FUEL4U Lucky Charms, MJM Apple Cinnamon Bears, 100% Tropical Fruit Blend Juice Kit

MFR #: 10016000294445

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills Lucky Charms Frosted Oat Cereal with Marshmallows	MJM Super Wholesome Apple Cinnamon Bear Grahams	Ardmore Farms Aseptic Juice Box: 100% Tropical Fruit Blend	TOTAL
INDIVIDUAL UPC #	16000-31917	403001	62008	
SERVING SIZE	1 Bowl	1 package	1 Box	
WEIGHT PER SERVING	28 g	28 g	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	110	120	60	290
CALORIES FROM FAT (kcal)	10	30	0	40
TOTAL FAT (grams)	1	3.5	0	4.5
SATURATED FAT (grams)	0	0.5	0	0.5
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	180	100	5	285
TOTAL CARBOHYDRATES (grams)	23	21	15	59
SUGAR (grams)	10	7	14	31
DIETARY FIBER (grams)	2	2	0	4
PROTEIN (grams)	2	1	0	3
VITAMIN A (% of DV on 2,00 cal diet)	10	6	0	16
VITAMIN C (% of DV on 2,00 cal diet)	10	6	100	116
CALCIUM (% of DV on 2,00 cal diet)	10	2	10	22
IRON (% of DV on 2,00 cal diet)	25	10	0	35
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES		x	x	
INGREDIENTS:				
<p>Lucky Charms: Whole Grain Oats, Sugar, Oat Flour, Modified Corn Starch, Corn Starch, Dextrose, Salt, Gelatin, Trisodium Phosphate, Yellows 5&6, Red 40, Blue 1 and other color added, Natural and Artificial flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Zinc & Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.</p>				
<p>Super Wholesome Apple Cinnamon Bears: Whole wheat flour, enriched flour (wheat flour, naicin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cinnamon, modified wheat starch, salt, sodium bicarbonate, natural flavors, monocalcium phosphate, corn starch, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/ electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), annatto extract.</p>				
<p>Tropical Fruit Blend: Filtered Water, Apple, Pear, Grape, Orange and Pineapple Juice Concentrate, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid.</p>				

FUEL4U RS Trix, MJM Strawberry Waffles, 100% Grape Blend Juice Kit

MFR #: 10016000319223

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills Trix 25% Less Sugar	MJM Super Wholesome Strawberry Waffle Grahams	Ardmore Farms Aseptic Juice Box: 100% Grape Juice Blend	TOTAL
INDIVIDUAL UPC #	100-16000-31922-3	405001	62002	
SERVING SIZE	1 Bowl	1 package	1 Box	
WEIGHT PER SERVING	28 g.	28g or 1 oz	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	110	110	60	280
CALORIES FROM FAT (kcal)	10	25	0	35
TOTAL FAT (grams)	1	3	0	4
SATURATED FAT (grams)	0	0	0	0
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	140	95	5	240
TOTAL CARBOHYDRATES (grams)	24	21	15	60
SUGAR (grams)	7	7	14	28
DIETARY FIBER (grams)	1	1	0	2
PROTEIN (grams)	1	2	0	3
VITAMIN A (% of DV on 2,00 cal diet)	8	6	0	14
VITAMIN C (% of DV on 2,00 cal diet)	8	6	100	114
CALCIUM (% of DV on 2,00 cal diet)	8	2	10	20
IRON (% of DV on 2,00 cal diet)	25	10	0	35
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES		x	x	
INGREDIENTS:				
<p>Trix 25% Less Sugar: Whole Grain Corn, Corn Meal, Sugar, Corn Syrup, Rice Bran and/or Canola Oil, Salt, Trisodium Phosphate, Natural and Artificial Flavor, Red 40, Yellow 6, Blue 1 and Other Color Added, Sodium Citrate, Citric Acid, Malic Acid. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.</p>				
<p>MJM Super Wholesome Strawberry Waffle Grahams: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, natural strawberry bits (sugar, wheat starch, canola oil, corn starch, glycerin, natural color {elderberry and purple sweet potato extracts}, natural strawberry flavor, citric acid), dextrose, salt, sodium bicarbonate, citric acid, natural strawberry flavor, monocalcium phosphate, ammonium bicarbonate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as a carrier).</p>				
<p>Grape Juice Blend: Filtered Water, Apple, Pear and Grape Juice Concentrate, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid.</p>				

FUEL4U RS Cocoa Puffs, MJM Cinnamon Grahams, 100% Strawberry Banana Blend Juice Kit

MFR #: 10016000318882

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills 25% Less Sugar Cocoa Puffs	MJM Super Whole-some Cinnamon Grahams	Ardmore Farms Aseptic Juice Box: 100% Strawberry-Banana Blend	TOTAL
INDIVIDUAL UPC #	100-16000-31888-2	308151	62006	
SERVING SIZE	1 Bowl	1 package	1 Box	
WEIGHT PER SERVING	30 g.	28 g or 1 oz	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	110	120	60	290
CALORIES FROM FAT (kcal)	15	30	0	45
TOTAL FAT (grams)	1.5	3	0	4.5
SATURATED FAT (grams)	0	0.5	0	0.5
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	160	150	5	315
TOTAL CARBOHYDRATES (grams)	25	20	15	60
SUGAR (grams)	8	7	14	29
DIETARY FIBER (grams)	2	2	0	4
PROTEIN (grams)	2	2	0	4
VITAMIN A (% of DV on 2,00 cal diet)	10	6	0	16
VITAMIN C (% of DV on 2,00 cal diet)	10	6	100	116
CALCIUM (% of DV on 2,00 cal diet)	10	0	10	20
IRON (% of DV on 2,00 cal diet)	25	10	0	35
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES		x	x	
INGREDIENTS:				
<p>25% Less Sugar Cocoa Puffs: Whole Grain Corn, Sugar, Corn Syrup, Corn Meal, Cocoa Processed with Alkali, Rice Bran and/or Canola Oil, Caramel Color, Salt, Natural and Artificial Flavor, Trisodium Phosphate. BHT Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Tricalcium Phosphate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), Vitamin C (sodium ascorbate), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A(palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.</p>				
<p>MJM Super Wholesome Cinnamon Grahams: Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, honey, cinnamon, salt, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).</p>				
<p>100% Strawberry-Banana Juice Blend: Filtered Water, Apple, Pear, Strawberry Juice Concentrates, Calcium Lactate, Banana Puree, Natural Flavors, Ascorbic Acid (Vitamin C), Malic Acid.</p>				

FUEL4U Apple Cinnamon Cheerios, MJM Honey Grahams, 100% Grape Blend Juice Kit

MFR #: 10020200119682

Servings Per Case: 64

Serving Size: One Kit

NUTRITIONAL ANALYSIS PER SERVING	General Mills Apple Cinnamon Cheerios	MJM Super Whole-some Honey Grahams	Ardmore Farms Aseptic Juice Box: 100% Grape Juice Blend	TOTAL
INDIVIDUAL UPC #	16000-318790	300151	62002	
SERVING SIZE	1 Bowl	1 Package	1 Box	
WEIGHT PER SERVING	28 g	28 g or 1 oz	125 mL/4.23 fl. oz.	
CONTRIBUTION TO MEAL PATTERN	1 oz grain equiv.	1 oz grain equiv.	1/2 cup Fruit	
CALORIES (kcal)	110	110	60	280
CALORIES FROM FAT (kcal)	15	30	0	45
TOTAL FAT (grams)	1.5	3	0	4.5
SATURATED FAT (grams)	0	0	0	0
TRANS FAT (grams)	0	0	0	0
CHOLESTEROL (mg)	0	0	0	0
SODIUM (mg)	110	140	5	255
TOTAL CARBOHYDRATES (grams)	22	20	15	57
SUGAR (grams)	10	7	14	31
DIETARY FIBER (grams)	2	2	0	4
PROTEIN (grams)	2	2	0	4
VITAMIN A (% of DV on 2,00 cal diet)	10	6	0	16
VITAMIN C (% of DV on 2,00 cal diet)	10	6	100	116
CALCIUM (% of DV on 2,00 cal diet)	10	0	10	20
IRON (% of DV on 2,00 cal diet)	20	15	0	35
NO HFCS	x	x	x	
WHOLE GRAIN	x	x	NA	
FREE OF ARTIFICIAL COLORS, FLAVORS & PRESERVATIVES	x	x	x	
INGREDIENTS:				
<p>Apple Cinnamon Cheerios: Whole grain oats, sugar, corn starch, corn syrup, rice bran and/or canola oil, apple puree concentrate, salt, refiner's syrup, cinnamon, trisodium phosphate, sodium citrate, vanillin. Vitamin E (mixed tocopherols) added to preserve freshness. Vitamins and minerals: calcium carbonate, zinc and iron (mineral nutrients), vitamin C (sodium ascorbate), A B vitamins (niacinamide), vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), vitamin B1 (thiamin mononitrate), vitamin A (palmitate), A B vitamin (folic acid), vitamin B12, vitamin D3.</p>				
<p>Super Wholesome Honey Grahams: Whole wheat flour, enriched flour (wheat flour, naicin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, oat fiber, honey, salt, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), extract of annatto.</p>				
<p>Grape Juice Blend: Filtered Water, Apple, Pear and Grape Juice Concentrate, Calcium Lactate, Natural Flavors, Ascorbic Acid (Vitamin C), Citric Acid.</p>				