



## Frosted Corn Flakes™ Bowlpak Cereal

Meets K-12 1 Ounce Equivalent Grain. Great tasting frosted corn flake. Sweetened Flakes of Corn with 11 vitamins and minerals.

**ALLERGENS: MAY CONTAIN WHEAT INGREDIENTS**

**UNIT SIZE:** 1 OZ  
**CASE COUNT:** 96

**PRODUCT CODE:** 11768000  
**UPC:** 016000117686  
**GTIN:** 10016000117683

### Nutrition Facts

Serving Size:	1 Bowl (28g)		
Amount Per Serving:	As Packaged		
<b>Calories</b>	100		
Calories From Fat	5		
<b>Total Fat</b>	0.5g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g		
<b>Cholesterol</b>	0mg	0%	
<b>Sodium</b>	190mg	8%	
<b>Potassium</b>	40mg	1%	
<b>Total Carbohydrate</b>	24g	8%	
Dietary Fiber	1g	4%	
Sugars	8g		
<b>Protein</b>	1g		
Vitamin A	10%		
Vitamin C	8%		
Calcium	15%		
Iron	35%		
Vitamin D	10%		
Thiamin	20%		
Riboflavin	20%		
Niacin	20%		
Vitamin B6	20%		
Folic Acid	35%		
Vitamin B12	20%		
Zinc	15%		

\* 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.

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### Ingredients

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), 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.



Kosher:

### Package Information

NET WEIGHT: N/A  
VOLUME: 1.779 CF  
HEIGHT: 14.12 IN  
LENGTH: 16.75 IN  
WIDTH: 13 IN  
CASE SIZE: 1.779 CF