



Honey Nut Cheerios™ Cereal Single Serve Bowlpak 1 oz

UPC: 016000119185

Information Accurate as of: **May 13, 2021**

DESCRIPTION

A sweetened twist on the classic cereal, Honey Nut Cheerios™ is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.

Case GTIN: **10016000119182**

Unit Weight: **1 OZ**

Units per case: **96**

Nutrition Facts

1 Bowl (28g)
Serving Size
Calories
per serving

110

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
Total Fat 1.5g	2%	Sodium 160mg	7%
Saturated Fat 0g	0%	Total Carbohydrate 23g	8%
Trans Fat 0g		Dietary Fiber 2g	7%
Cholesterol 0mg	0%	Total Sugars 9g	
		Soluble Fiber <1g	
		Includes 9g Added Sugars	18%
		Protein 2g	
Vitamin D 6%	• Calcium 6%	• Iron 15%	
Potassium 2%	• Vitamin A 6%	• Vitamin C 6%	
Thiamin 15%	• Riboflavin 6%	• Niacin 6%	
Vitamin B6 15%	• Folate 15%	• (35mcg Folic Acid) 15%	
Vitamin B12 15%	• Phosphorus 8%	• Magnesium 8%	
Zinc 15%			

**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.

*Not a significant nutrient source

Nutrition Facts

Calories
Approx Per 100g

389

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 6g		Sodium 556mg	
Saturated Fat 0g		Total Carbohydrate 81g	
Trans Fat 0g		Dietary Fiber 8g	
Cholesterol 0mg		Total Sugars 33g	
		Soluble Fiber <3g	
		Includes 33g Added Sugars	
		Protein 8g	
Vitamin D • Calcium		• Iron	
Potassium • Vitamin A		• Vitamin C	
Thiamin • Riboflavin		• Niacin	
Vitamin B6 • Folate		• (125mcg Folic Acid)	
Vitamin B12 • Phosphorus		• Magnesium	
Zinc			

**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.

*Not a significant nutrient source

INGREDIENTS & ALLERGENS: Whole Grain Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), 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. **CONTAINS ALMOND INGREDIENTS.**

KOSHER APPROVAL: OU

Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.
Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.



Dear Valued Customer:

Regarding: Buy American provision

The Buy American provision in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) regulations [7 Code of Federal Regulations (CFR) Part 210.21(d) and 220.16(d)], is a procurement standard School Food Authorities (SFAs) must comply with when purchasing commercial food products served in the school meals. By requirement of the Buy American provision, SFAs must purchase, to the maximum extent practicable, domestic commodities or products for use in meals served under the NSLP and SBP. A domestic commodity or product is one that is produced and processed in the United States substantially using agricultural commodities that are produced in the United States. "Substantial" means over 51 percent of the final processed product consists of agricultural commodities that were grown domestically. Limited exceptions to the Buy American provision allow for the purchase of products not meeting the "domestic" standard as described in circumstances when use of domestic products is truly not practicable (see USDA memo SP 24-2016).

We, General Mills, Inc., certify that all products listed on the following pages comply with the Buy American provision.

A handwritten signature in black ink that reads 'Wendy Ramaker'.

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
October 09, 2020

UPC	PRODUCT DESCRIPTION
BOWLPACK CEREAL	
100-16000-31879-0	Apple Cinnamon Cheerios™
100-16000-32262-9	Cheerios™
100-16000-38387-3	Cinnamon Chex™
100-16000-11815-4	Cinnamon Toast Crunch™
100-16000-29444-5	25% Less Sugar Cinnamon Toast Crunch™
100-16000-33213-3	Corn Chex™
100-16000-31888-2	25% Less Sugar Cocoa Puffs™
100-16000-11768-3	Frosted Corn Flakes
100-16000-31916-2	Fruity Cheerios™
100-16000-11943-4	Golden Grahams™
100-16000-11918-2	Honey Nut Cheerios™
100-16000-11866-6	Honey Nut Chex™
100-16000-11942-7	Kix™
100-16000-31917-9	Lucky Charms™
100-16000-32263-6	Multi Grain Cheerios™
100-16000-31919-3	Reese's Puffs
100-16000-31921-6	Rice Chex™
100-16000-12392-9	Total™ Raisin Bran
100-16000-31922-3	25% Less Sugar Trix™
2oz EQUIVALENT GRAIN CEREAL	
100-16000-14883-0	Cinnamon Chex K12 2oz Eq Grain
100-16000-14886-1	25% Less Sugar Cinnamon Toast Crunch™ K12 2oz Eq Grain
100-16000-14885-4	25% Less Sugar Cocoa Puffs™ K12 2oz Eq Grain
000-16000-28932-1	Cinnamon Toast Crunch™ K12 2oz Eq Grain
100-16000-14882-3	Honey Nut Cheerios™ K12 2oz Eq Grain
100-16000-14884-7	Lucky Charms™ K12 2oz Eq Grain
100-16000-17262-0	Blueberry Chex™ K12 2oz Eq Grain
100-16000-17293-4	Rice Chex™ K12 2oz Eq Grain
WHOLE GRAIN TACO SHELLS	
100-75265-80704-3	Pancho Villa™ 5" Crunchy Taco Shells
GOLD MEDAL™ WHOLE GRAIN FLOUR	
100-16000-53211-0	Gold Medal™ Wheat-a-Laxa™ Whole Wheat Flour Coarse Ground

UPC	PRODUCT DESCRIPTION
BULK CEREAL	
100-16000-13326-3	Corn Chex™
100-16000-11989-2	Golden Grahams™
100-16000-11988-5	Honey Nut Cheerios™
100-16000-11965-6	Kix™
100-16000-11998-4	Lucky Charms™
100-16000-27111-8	Nature Valley™ Granola - Oats 'n Honey
100-16000-13325-6	Rice Chex™
100-16000-11963-2	Trix™
100-21908-12772-6	Cascadian Farm™ Oats & Honey Granola
100-16000-11977-9	Cheerios™
100-16000-38391-0	Chocolate Chex™
100-16000-11813-0	Cinnamon Toast Crunch™
INDIVIDUALLY WRAPPED FROZEN GRAIN	
100-18000-27852-4	Pillsbury™ Frudel™ Apple
100-18000-27851-7	Pillsbury™ Frudel™ Cherry
100-18000-38399-0	Pillsbury™ Mini Bagels Cinnamon Creamy Cheese
100-18000-38413-3	Pillsbury™ Mini Bagels Strawberry Creamy Cheese
100-18000-33686-6	Pillsbury™ Mini Cinnis™
100-18000-37309-0	Pillsbury™ Cinnamon Rush™ Mini French Toast
100-18000-37308-3	Pillsbury™ Triple Berry Blast™ Mini French Toast
100-18000-37732-6	Pillsbury™ Maple Burst'n™ Mini Pancakes
100-18000-37731-9	Pillsbury™ Strawberry Splash™ Mini Pancakes
100-18000-16049-2	Pillsbury™ Mini Pancakes Chocolatey Chip Explosion
100-18000-32264-7	Pillsbury™ Blueberry Bash Mini Waffles
100-18000-32265-4	Pillsbury™ Maple Madness Mini Waffles
100-1800-49979-0	Pillsbury™ Filled Crescent Chocolate
100-1800-49978-3	Pillsbury™ Filled Crescent Grape
100-18000-10978-1	Soft Filled Cinnamon Toast Crunch™ Bar
100-18000-11032-9	Soft Filled Cocoa Puffs™ Bar
100-16000-17364-1	Nature Valley™ Frozen Soft Oatmeal Round Banana Chocolate Chip
100-16000-17365-8	Nature Valley™ Frozen Soft Oatmeal Round Apple Cinnamon
INDIVIDUALLY WRAPPED ENTREES	
100-18000-12317-6	Pillsbury™ Cheesy Pull-Aparts Italian Cheese & Garlic
100-18000-12316-9	Pillsbury™ Cheesy Pull-Aparts Southwest Queso

UPC	PRODUCT DESCRIPTION
GOLD MEDAL™ NON-WHOLE GRAIN MIXES	
100-16000-11442-2	Gold Medal Muffin Mix Corn Muffin 5lb
100-16000-11422-4	Gold Medal Southern Style Cornbread Mix 5lb
100-16000-10421-8	Gold Medal Corn Bread Muffin Mix 25lb
100-16000-11545-0	Gold Medal Variety Muffin Mix 25lb
PILLSBURY™ WHOLE GRAIN-RICH BREADS	
100-94562-37738-7	Pillsbury™ Ciabatta Bread
100-94562-11091-5	Pillsbury® Press-less Panini Bread
100-94562-10174-6	Pillsbury™ French Bread
PILLSBURY™ WHOLE GRAIN-RICH FROZEN DOUGH BISCUITS	
100-94562-32269-1	Pillsbury™ Whole Grain-Rich Biscuit Dough Mini 1.25 oz
100-94562-32267-7	Pillsbury™ Whole Grain-Rich Biscuit Dough 2.51 oz
100-94562-32268-4	Pillsbury™ Whole Grain-Rich Biscuit Dough Easy Split™ 2.51 oz
PILLSBURY™ NON-WHOLE GRAIN-RICH FROZEN DOUGH BISCUITS	
100-94562-10752-6	Pillsbury™ Southern Style Easy Split Biscuit Dough 2.51oz
100-94562-31524-2	Pillsbury™ Frozen Biscuit Dough Easy Split™ Southern Style 2.2oz
100-94562-31151-0	Pillsbury™ Frozen Biscuit Dough Reduced Sodium Southern Style 2.2 oz
100-94562-06252-8	Pillsbury™ Frozen Biscuit Dough Southern Style 2.2 oz
100-94562-06331-0	Pillsbury™ Frozen Biscuit Dough Garlic & Cheddar 1.2oz
PILLSBURY™ WHOLE-GRAIN RICH FROZEN BAKED BISCUITS	
100-94562-32272-1	Pillsbury™ Whole Grain-Rich Baked Biscuit Mini 1.0 oz
100-94562-32271-4	Pillsbury™ Whole Grain-Rich Baked Biscuit Easy Split™ 2.0 oz
PILLSBURY™ NON-WHOLE GRAIN-RICH FROZEN BAKED BISCUITS	
100-94562-32391-9	Pillsbury™ Baked Biscuit Golden Buttermilk Easy Split™ 2.25oz
GOLD MEDAL™ WHOLE GRAIN-RICH MIXES	
100-16000-31527-0	Gold Medal™ Whole Grain Complete Pancake Mix
100-16000-31529-4	Gold Medal™ Whole Grain Variety Muffin Mix
PILLSBURY™ WHOLE-GRAIN-RICH CINNAMON ROLLS	
100-94562-11111-0	Pillsbury™ K12 Freezer-to-Oven Whole Grain Cinnamon Roll Dough 2.7oz

UPC	PRODUCT DESCRIPTION
PILLSBURY™ NON-WHOLE GRAIN CINNAMON ROLLS	
100-94562-05358-8	Pillsbury Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 3 oz
100-94562-05357-1	Pillsbury Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 1.5 oz
107-21582-11144-7	Pillsbury Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 0.9 oz
GENERAL MILLS™ NON-WHOLE GRAIN QUICK GRITS	
100-16000-14357-6	Enriched Corn Grits 8/5 LB
100-16000-14355-2	Enriched Quick Grits 12/24 oz
PILLSBURY™ NON-WHOLE GRAIN MUFFIN PUCKS	
100-94562-31665-2	Pillsbury Place & Bake Muffin Batter Pucks 1.5 oz Corn
PILLSBURY™ WHOLE GRAIN-RICH MUFFIN TOPS	
100-94562-11114-1	Pillsbury™ K12 Whole Grain Muffin Top Chocolate Chip Place & Bake Batter 2.1 oz
100-94562-11113-4	Pillsbury™ K12 Whole Grain Muffin Top Blueberry Place & Bake Batter 2.1 oz
PILLSBURY™ NON-WHOLE GRAIN PIE DOUGH	
100-94562-10145-6	Pillsbury Frozen Pie Dough Sheet (10x12in)
YOPLAIT® SIMPLY GO-GURT® YOGURT 2oz	
100-70470-49295-4	Yoplait® Simply Go-GURT® Strawberry
YOPLAIT® TRIX™ YOGURT 4oz	
100-70470-17725-0	Yoplait® Trix™ Raspberry Rainbow
100-70470-17726-7	Yoplait® Trix™ Strawberry Banana Bash
100-70470-31077-7	Yoplait® Trix™ Triple Cherry
YOPLAIT® ORIGINAL YOGURT 4oz	
000-70470-17729-8	Yoplait® Original Strawberry/Strawberry Banana
000-70470-17728-1	Yoplait® Original Red Raspberry/Harvest Peach
YOPLAIT® ORIGINAL YOGURT 4oz	
100-70470-15676-4	Yoplait® Smooth Yogurt Vanilla 4oz Cup K12
100-70470-15677-1	Yoplait® Smooth Yogurt Strawberry 4oz Cup K12
100-70470-15675-7	Yoplait® Smooth Yogurt Horchata 4oz Cup K12

UPC	PRODUCT DESCRIPTION
YOPLAIT® PARFAITPRO® YOGURT 64oz	
100-70470-16632-9	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Vanilla
100-70470-16631-2	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Strawberry
100-70470-16067-9	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Blueberry
100-70470-41167-2	Yoplait® ParfaitPro® Greek Yogurt Multiserve Pouch, Fat Free Vanilla
YOPLAIT® ORIGINAL YOGURT 6oz	
100-70470-00302-0	Yoplait® Original Mountain Blueberry
100-70470-00303-7	Yoplait® Original Cherry Orchard
100-70470-00323-5	Yoplait® Original French Vanilla
100-70470-00306-8	Yoplait® Original Lemon Burst
100-70470-00310-5	Yoplait® Original Mixed Berry
100-70470-00307-5	Yoplait® Original Harvest Peach
100-70470-00301-3	Yoplait® Original Red Raspberry
100-70470-00300-6	Yoplait® Original Strawberry
100-70470-00313-6	Yoplait® Original Strawberry Banana
YOPLAIT® GREEK YOGURT 5.3oz	
100-70470-45916-2	Yoplait® Fat Free Greek Blueberry
100-70470-45915-5	Yoplait® Fat Free Greek Strawberry Raspberry
100-70470-45913-1	Yoplait® Fat Free Greek Vanilla
YOPLAIT® ORIGINAL YOGURT 32oz	
100-70470-00438-9	Yoplait® Original Plain
100-70470-00430-3	Yoplait® Original Strawberry
100-70470-00439-3	Yoplait® Original Vanilla
NATURE VALLEY™ GRANOLA BARS	
100-16000-33530-8	Nature Valley™ Crunchy Oats 'n Honey (Double Bar)
100-16000-11582-5	Nature Valley™ Crunchy Oats 'n Honey (Single Bar)
100-16000-33550-6	Nature Valley™ Crunchy Peanut Butter (Double Bar)
100-16000-11584-9	Nature Valley™ Crunchy Peanut Butter (Single Bar)
100-16000-15120-5	Nature Valley™ Chewy Trail Mix Bar - Fruit & Nut
100-16000-11590-0	Nature Valley™ Chewy Chocolate Chunk
100-16000-11591-7	Nature Valley™ Chewy Variety Pack
NATURE VALLEY™ CRISPS	
100-16000-48255-2	Nature Valley™ Crisps Chocolate Chip
100-16000-48256-9	Nature Valley™ Crisps Cinnamon

UPC	PRODUCT DESCRIPTION
NATURE VALLEY™ BACKPACKER™	
100-16000-47296-6	Nature Valley™ Backpacker™ S'mores
100-16000-47295-9	Nature Valley™ Backpacker™ Chocolate Chip
BETTY CROCKER™ FRUIT ROLL-UPS™	
100-16000-11561-0	Betty Crocker™ Fruit Roll-Ups™ Crazy Colors™ Reduced Sugar
100-16000-11566-5	Betty Crocker™ Fruit Roll-Ups™ Blastin' Berry Hot Colors™ Reduced Sugar
100-16000-29162-8	Betty Crocker™ Fruit Roll-Ups™ Strawberry Reduced Sugar
BETTY CROCKER™ FRUIT SHAPES™ SCOOPY-DOO!™	
100-16000-11510-8	Betty Crocker™ Fruit Shapes™ Scooby Doo™!
MOTTS® FRUIT-FLAVORED SNACKS	
100-16000-47953-8	Mott's® Fruit-Flavored Snacks Mixed Berry
100-16000-47954-5	Mott's® Fruit-Flavored Snacks Assorted Fruit
CHEX™ SNACK MIX-SINGLE SERVE	
100-16000-31934-6	Chex Mix™ Hot 'n Spicy
100-16000-31932-2	Simply Chex™ Cheddar
100-16000-31933-9	Simply Chex™ Chocolate Caramel
100-16000-31937-7	Simply Chex™ Strawberry Yogurt
BETTY CROCKER™ OATMEAL BARS	
100-16000-45976-9	Betty Crocker™ Oatmeal Bar Butterscotch
100-16000-45977-6	Betty Crocker™ Oatmeal Bar Chocolate Chip
100-16000-45566-2	Betty Crocker™ Oatmeal Bar Double Chocolate
ANNIE'S™ PRODUCTS	
000-13562-00236-8	Annie's™ Bunny Grahams™ Honey
000-13562-00237-5	Annie's™ Bunny Grahams™ Friends: Chocolate, Chocolate Chip, Honey
100-13562-49828-1	Annie's™ Cheddar Bunnies™ Baked Snack Crackers
CEREAL BARS	
100-16000-45576-1	Cinnamon Toast Crunch™
100-16000-45577-8	Cocoa Puffs™
100-16000-31912-4	Fruity Cheerios™
100-16000-31914-8	Team Cheerios™
100-16000-31915-5	Trix™
100-16000-31913-1	Golden Grahams™
100-16000-16854-8	Cinnamon Toast Crunch™ 2 oz eq cereal bar



Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weights per oz equivalent)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Honey Nut Cheerios® Bowlpak Code No.: 16000-11918

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No How many grams:
(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.)

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. Groups 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 to which Exhibit A Group (A-I) the Product Belongs: I

Table with 4 columns: Description of Product per Food Buying Guide, Portion Size of Product as Purchased (A), Weight of one ounce equivalent as listed in SP 30-2012 (B), and Creditable Amount (A ÷ B). Row 1: Ready to Eat Cereal, 28g, 28g, 28g ÷ 28g = 1.0. Row 2: Total Creditable Amount¹, 1.00.

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 1.0 OZ (28g)
Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.00 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.

Handwritten signature of Wendy Ramaker

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
January 04, 2021