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**Snack
Cereal Bar**



GENERAL MILLS
BAKERIES & FOODSERVICE

16000-11590

Updated: May 22, 2007

NATURE VALLEY® Chocolate Chip Chewy Granola Bar

NET WT 1 OZ (28g)

Kosher:



INGREDIENTS:

GRANOLA (ROLLED OATS, WHEAT FLAKES, INVERT SUGAR, SUGAR, GLUCOSE, HONEY, CANOLA AND/OR SOYBEAN OIL, MOLASSES, SALT, MONOGLYCERIDES), GLUCOSE, CRISP RICE (MILLED RICE, SUGAR, SALT, CALCIUM CARBONATE), BITTERSWEET CHOCOLATE CHUNKS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, SALT, NATURAL FLAVOR), CANOLA AND/OR SOYBEAN OIL, GLYCERIN, FRUCTOSE, CALCIUM CARBONATE, HONEY, SALT, ALMONDS, NATURAL AND ARTIFICIAL FLAVOR, CORN SYRUP, SUNFLOWER MEAL, SOY FLOUR, PEANUT FLOUR, CASHEW FLOUR, NONFAT MILK.

CONTAINS WHEAT, ALMOND, SUNFLOWER, SOY, PEANUT, CASHEW AND MILK INGREDIENTS.

Nutrition Facts	
Serving Size 1 Bar (29g)	
Amount Per Serving	
Calories	110
Calories from Fat	25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

(gross)
 case weight: 9.75 lbs
 case length: 18.90 in
 case width: 11.70 in
 case height: 3.80 in
 248 days shelf life

IMPORTANT: This information is accurate only if nothing has been added (e.g., egg wash, icing, etc.). If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

CHILD NUTRITION PROGRAM: 1 Bar = 1/4 BE

Good source of whole grain. At least 8 grams of whole grain per serving. At least 48grams recommended daily.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
 GENERAL MILLS * P.O. BOX 200 - FS * MINNEAPOLIS, MINNESOTA 55440

Team Cheerios® Cereal Bar, Strawberry

General Mills Product Code:42393000

UPC: 016000423930

Net Weight:

Length: 17.87 IN

Width: 12 IN

Height: 6.37 IN

Volume: .791 CF

(gross)
case weight: 11.5 lbs
shelf life: 248 days

Ingredients:

WHOLE GRAIN OATS, CORN SYRUP, SUGAR, HIGH FRUCTOSE CORN SYRUP, CANOLA AND/OR RICE BRAN OIL, NATURAL STRAWBERRY FLAVORED FRUIT PIECES (SUGAR, CRANBERRIES, CITRIC ACID, NATURAL FLAVOR, ELDERBERRY JUICE CONCENTRATE, SUNFLOWER OIL), WHOLE GRAIN CORN, WHOLE WHEAT, FRUCTOSE, BROWN RICE FLOUR, WATER, HULLED BARLEY, GLYCERIN, CALCIUM CARBONATE, MALTODEXTRIN, WHEAT STARCH, CORN FLOUR, SALT, SORBITOL, CORN STARCH, BROWN SUGAR SYRUP, CORN BRAN, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, RED 40 AND OTHER COLOR ADDED, BAKING SODA, TRISODIUM PHOSPHATE, MONO AND DIGLYCERIDES, ZINC AND IRON (MINERAL NUTRIENTS), VITAMIN E (TOCOPHERYL ACETATE), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), A B VITAMIN (CALCIUM PANTOTHENATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMIN MONONITRATE), A B VITAMIN (FOLIC ACID), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

Allergens:

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

Serving Size: 1 Bar (37g)

Amount Per Serving	As Packaged	% Daily
Calories	150	
Calories From Fat	30	
Total Fat 3.5g		5%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 125mg		5%
Potassium 45mg		1%
Total Carbohydrate 28g		9%
Dietary Fiber 2g		7%
Sugars 10g		
Protein 2g		
Vitamin A		2%
Vitamin C		6%
Calcium		20%
Iron		10%
Vitamin D		2%
Vitamin E		20%
Thiamin		20%
Riboflavin		20%
Niacin		20%
Vitamin B6		15%
Folic Acid		20%
Vitamin B12		20%
Magnesium		2%
Zinc		20%
Pantothenic Acid		20%

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source



16000-42395

Updated: Dec 18, 2007

General Mills Trix Cereal Bar

GENERAL MILLS
BAKERIES & FOODSERVICE

NET WT 1.3 OZ (37g)

INGREDIENTS:

WHOLE GRAIN OATS, CORN SYRUP, SUGAR, WHOLE WHEAT FLOUR, CANOLA AND/OR RICE BRAN OIL, HIGH FRUCTOSE CORN SYRUP, BROWN RICE FLOUR, FRUCTOSE, CORN FLOUR, WHOLE OAT FLOUR. CONTAINS LESS THAN 2% OF: WHOLE GRAIN CORN, WHEAT STARCH, GLYCERIN, MALTODEXTRIN, SALT, SORBITOL, DEGERMED YELLOW CORN MEAL, GELATIN, MODIFIED CORN STARCH, NATURAL AND ARTIFICIAL FLAVOR, BAKING SODA, TRICALCIUM PHOSPHATE, COLOR (RED 40, BLUE 1, YELLOW 5 AND 6, OTHER COLOR ADDED), TRISODIUM PHOSPHATE, SODIUM CITRATE, CITRIC ACID, MALIC ACID. MIXED TOCOPHEROLS AND BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN C (SODIUM ASCORBATE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D.

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts	
Serving Size 1 bar (37g)	
Amount Per Serving	
Calories	150
Calories from Fat	35
	% Daily Value*
Total Fat 3.5g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	6%
Sugars 9g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 20%
Thiamin 4%	• Riboflavin 10%
Niacin 10%	• Vitamin B6 10%
Folic Acid 20%	• Zinc 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

(gross)
case weight: 11.5 lbs
case length: 17.87 in
case width: 12 in
case height: 6.37 in
shelf life: 248 days

IMPORTANT: This information is accurate only if nothing has been added (e.g., egg wash, icing, etc.). If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

CHILD NUTRITION PROGRAM: 1 Bar = 1 Bread Equivalent

Good Source of whole grain - at least 8g whole grain per serving. At least 48g recommended daily.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. BOX 200 - FS * MINNEAPOLIS, MINNESOTA 55440



16000-40478

Updated: Nov 27, 2007

General Mills Fruity Cheerios Cereal Bar

GENERAL MILLS
BAKERIES & FOODSERVICE

NET WT 1.3 oz (37g)

INGREDIENTS:

WHOLE GRAIN OATS, CORN SYRUP, SUGAR, WHOLE GRAIN CORN, CANOLA AND/OR RICE BRAN OIL, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, WHOLE WHEAT FLOUR, BROWN RICE FLOUR, CORN FLOUR, GLYCERIN, CALCIUM CARBONATE, WHEAT STARCH, MALTODEXTRIN, SORBITOL, SALT, CORN STARCH, ORANGE JUICE CONCENTRATE, GELATIN, NATURAL AND ARTIFICIAL FLAVOR, CORN BRAN, BAKING SODA, TRISODIUM PHOSPHATE, DISTILLED MONOGLYCERIDES, COLOR (RED 40, YELLOW 6, BLUE 1 AND OTHER COLOR ADDED), VITAMIN C (SODIUM ASCORBATE), IRON AND ZINC (MINERAL NUTRIENTS), SODIUM CITRATE, 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 D, SOY LECITHIN, VITAMIN E (MIXED TOCOPHEROLS) ADDED TO PRESERVE FRESHNESS.

CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrition Facts	
Serving Size 1 Bar (37g)	
Amount Per Serving	
Calories	150
Calories from Fat	35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 10g	
Protein 2g	
Vitamin A 2%	• Vitamin C 6%
Calcium 20%	• Iron 10%
Thiamin 8%	• Riboflavin 6%
Niacin 6%	• Vitamin B6 6%
Folic Acid 10%	• Vitamin B12 4%
Magnesium 2%	• Zinc 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

case weight: 11.5 lbs (gross)
case length: 17.87 in
case width: 12 in
case height: 6.37 in
shelf life: 248 days

IMPORTANT: This information is accurate only if nothing has been added (e.g., egg wash, icing, etc.). If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

CHILD NUTRITION PROGRAM: 1 Bar = 1 Bread Equivalent

Good Source of Whole Grain - At least 8g of Whole Grain. At least 48g recommended daily.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. BOX 200 - FS * MINNEAPOLIS, MINNESOTA 55440

Cinnamon Toast Crunch® Cereal Bar

General Mills Product Code: 19437000

UPC: 016000194373

Net Weight:

Length: 17.87 IN

Width: 12 IN

Height: 6.37 IN

Volume: .791 CF

(gross)
case weight: 11.50 lbs
Shelf life: 248 days

Ingredients:

WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, CORN SYRUP, SUGAR, CANOLA AND/OR RICE BRAN OIL, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, WHOLE GRAIN RICE, RICE FLOUR, WHOLE GRAIN CORN, WHEAT STARCH, CALCIUM CARBONATE, SALT, MALTODEXTRIN, SORBITOL, DEXTROSE, CARAMEL AND ANNATTO EXTRACT COLOR, GELATIN, CINNAMON, NATURAL AND ARTIFICIAL FLAVOR, BAKING SODA, MONO AND DIGLYCERIDES, TRISODIUM PHOSPHATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID). MIXED TOCOPHEROLS AND BHT ADDED TO PRESERVE FRESHNESS.

Allergens:

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts

Serving Size: 1 Bar (37g)

Amount Per Serving	As Packaged	% Daily
Calories	150	
Calories From Fat	35	
Total Fat 3.5g		6%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 150mg		6%
Total Carbohydrate 28g		9%
Dietary Fiber 1g		6%
Sugars 10g		
Protein 2g		
Vitamin A		0%
Vitamin C		0%
Calcium		20%
Iron		20%
Thiamin		0%
Riboflavin		10%
Niacin		10%
Vitamin B6		10%
Folic Acid		20%
Zinc		10%

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source



16000-19438

Updated: Dec 18, 2007

General Mills Cocoa Puffs Cereal Bar

GENERAL MILLS
BAKERIES & FOODSERVICE

NET WT 1.3 OZ (37g)

INGREDIENTS:

WHOLE WHEAT FLOUR, CORN SYRUP, SUGAR, BROWN RICE FLOUR, WHOLE CORN FLOUR, CANOLA AND/OR RICE BRAN OIL, FRUCTOSE, HIGH FRUCTOSE CORN SYRUP, WHOLE OAT FLOUR, COCOA PROCESSED WITH ALKALI, MODIFIED WHEAT STARCH. CONTAINS LESS THAN 2% OF: YELLOW CORN FLOUR, GLYCERIN, MALTODEXTRIN, COLOR ADDED, SALT, SORBITOL, MODIFIED CORN STARCH, GELATIN, TRICALCIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, TRISODIUM PHOSPHATE, MIXED TOCOPHEROLS AND BHT ADDED TO PRESERVE FRESHNESS.
VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), A B VITAMIN (NIACINAMIDE), VITAMIN C (SODIUM ASCORBATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN B1 (THIAMIN MONONITRATE), VITAMIN A (PALMITATE), VITAMIN B12, VITAMIN D.

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts	
Serving Size 1 bar (37g)	
Amount Per Serving	
Calories	150
Calories from Fat	30
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	7%
Sugars 9g	
Protein 2g	
Vitamin A 2%	• Vitamin C 2%
Calcium 15%	• Iron 20%
Thiamin 6%	• Riboflavin 10%
Niacin 10%	• Vitamin B6 10%
Folic Acid 10%	• Zinc 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

(gross)
case weight: 11.5 lbs
case length: 17.87 in
case width: 12 in
case height: 6.37 in
shelf life: 248 days

IMPORTANT: This information is accurate only if nothing has been added (e.g., egg wash, icing, etc.). If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

CHILD NUTRITION PROGRAM: 1 Bread Equivalent

*Good Source of whole grain - at least 8g whole grain per serving. At least 48g recommended daily.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. BOX 200 - FS * MINNEAPOLIS, MINNESOTA 55440



16000-17689

Updated: Aug 30, 2007

General Mills Cinnamon Toast Crunch Crisps

GENERAL MILLS
BAKERIES & FOODSERVICE

NET WT 1 OZ (28g) 1 OZ (28g) Pouches

Kosher:



INGREDIENTS:

WHOLE GRAIN WHEAT, SUGAR, RICE FLOUR, CANOLA AND/OR RICE BRAN OIL, FRUCTOSE, MALTODEXTRIN, DEXTROSE, SALT, CALCIUM CARBONATE, CINNAMON, SOY LECITHIN, TRISODIUM PHOSPHATE, COLOR ADDED, 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), NATURAL FLAVOR, VITAMIN B12, VITAMIN D. BHT ADDED TO PRESERVE FRESHNESS.

CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrition Facts	
Serving Size 1 Pouch (28g)	
Amount Per Serving	
Calories	120
Calories from Fat	25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	
Vitamin A 10%	• Vitamin C 8%
Calcium 8%	• Iron 20%
Vitamin D 8%	• Thiamin 20%
Riboflavin 20%	• Niacin 20%
Vitamin B6 20%	• Folic Acid 20%
Vitamin B12 20%	• Zinc 20%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Nutrition Information	
	Per 100 Grams
CALORIES	415.6
CALORIES FROM FAT	91.7
TOTAL FAT	10.2 g
SATURATED FAT	1 g
TRANS FAT	0.2 g
CHOLESTEROL	0 mg
SODIUM	730.5 mg
TOTAL CARBOHYDRATE	78.9 g
DIETARY FIBER	3.8 g
SUGARS	31.7 g
PROTEIN	5.5 g
VITAMIN A	1785.7 IU
VITAMIN C	17.1 mg
CALCIUM	285.7 mg
IRON	12.9 mg
VITAMIN D	114.3 IU
THIAMIN	1.1 mg
RIBOFLAVIN	1.2 mg
NIACIN	14.3 mg
VITAMIN B6	1430 mcg
FOLIC ACID	285.7 mcg
VITAMIN B12	4.3 mcg
ZINC	10.7 mg

(gross)
 case weight: 8.47 lbs
 case length: 20 in
 case width: 16 in
 case height: 9.81 in
 shelf life: 279 days

IMPORTANT: This information is accurate only if nothing has been added (e.g., egg wash, icing, etc.). If left blank, you must fill in the correct baked weight for serving size, servings per container, and net weight.

CHILD NUTRITION PROGRAM: 1 Pouch = 1 Bread Equivalent

IMPORTANT: This information is given in unrounded figures so that it can be combined with other ingredients used in making up finished products.

For help in compiling complete nutrition information and percentages needed for labels, contact the American Institute of Baking at 800-633-5137.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. BOX 200 - FS * MINNEAPOLIS, MINNESOTA 55440

Simply Chex[®] Brand Snack, Chocolate Caramel

General Mills Product Code: 14501000

UPC: 016000145016

Net Weight:

Length: 16 IN

Width: 13.25 IN

Height: 9.75 IN

Volume: 1.196 CF



Kosher:

Child Nutrition Program :
DOES NOT QUALIFY

Ingredients:

DEGERMED YELLOW CORN MEAL, SUGAR, VEGETABLE OIL (SOYBEAN, RICE BRAN AND/OR CANOLA), BUTTER (CREAM, MILK, SALT), BROWN SUGAR, HIGH FRUCTOSE CORN SYRUP, COCOA PROCESSED WITH ALKALI. CONTAINS 2% OR LESS SALT, FRUCTOSE, WHEY, NATURAL AND ARTIFICIAL FLAVOR, BARLEY MALT EXTRACT, CORN SYRUP SOLIDS, MOLASSES, SOY LECITHIN, BAKING SODA, DISTILLED MONOGLYCERIDES, CORN STARCH, YELLOW CORN FLOUR, COLOR ADDED, WHEAT FLOUR. FRESHNESS PRESERVED BY BHT.

Allergens:

CONTAINS MILK, SOY AND WHEAT INGREDIENTS.

(gross)
case weight: 16 lbs
shelf life: 186 days

Nutrition Facts

Serving Size: 1 Bag (34g)

Amount Per Serving	As Packaged	
Calories	150	
Calories From Fat	40	
		% Daily
Total Fat 4.5g		7%
Saturated Fat 1.5g		8%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 290mg		12%
Total Carbohydrate 26g		9%
Dietary Fiber <1g		2%
Sugars 9g		
Protein 1g		
Vitamin A		*
Vitamin C		*
Calcium		*
Iron		*

* Percent Daily Value (DV) are based on a 2,000 calorie diet

* - Not a significant nutrient source