**Apple Cinnamon Cereal** 

Nutrit	ion	Fac	ts		
Serving Size 1/4 Pouch (66g) Servings Per Container 4					
Ocrvings i cr	Container	4			
Amount Per Ser	0				
Calories 260	Calc	ories fron	n Fat 35		
		% Da	aily Value*		
Total Fat 4g			6%		
Saturated F		5%			
Trans Fat 1g					
Cholesterol		0%			
Sodium 135r		6%			
Total Carbohydrate 46g 15%					
Dietary Fibe	er 7g		28%		
Sugars 16g					
Protein 6g					
Vitamin A 0%	• Vita	min C 0	24		
Calcium 4%		10%	/0		
*Percent Daily Va diet. Your daily va depending on you	lues may be	higher or lo			
	Calories:	2,000	2,500		
Total Fat	Less than	65g	80g		
Saturated Fat	Less than	20g	25g		
Cholesterol Sodium	Less than	300mg	300mg 2.400ma		
Total Carbohvdr		2,400mg 300a	2,400mg 375a		
Dietary Fiber		25a	30a		
Calories per gra					

Ingredients: Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolled Oats, Triticale), Brown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavors, Natural Cinnamon Flavor, Dird Apples, Satt, Cellulose Gum, Sodium Caseinate (From Milk), Mono and Diglycerides, Sodium Citrate, Dipotassium Phosphate, Carrageenan.

## CONTAINS: MILK, SOY, WHEAT PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK SOY WHEAT EGG SH

PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN

NET WT. 265g (9.3 OZ)

Granola Strawberry Crunch

Nutrition Facts Serving Size 1/4 Pouch (62g) Servings Per Container 4						
Amount Per Serv						
Calories 270	Cal	ories fron	n Fat 70			
		% Da	aily Value*			
Total Fat 7g			11%			
Saturated Fa	8%					
Trans Fat 0g	1					
Cholesterol Omg			0%			
Sodium 150n		6%				
Total Carboh	Total Carbohydrate 45g 15%					
Dietary Fiber 4g 16%						
Sugars 16g	0					
Protein 6g						
Vitamin A 0%	<ul> <li>Vita</li> </ul>	amin C 2'	%			
Calcium 8%	<ul> <li>Iroi</li> </ul>	n 8%				
*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 Saturated Fat Cholesterol Sodium Total Carbohydra	Less than Less than Less than Less than te	65g 20g 300mg 2,400mg 300g	80g 25g 300mg 2,400mg 375g			
Dietary Fiber	Dietary Fiber		30g			
Calories per gran Fat 9 • C		e4 • Prot	ein 4			

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Canola Oli, Whole Grain Rolled Wheat, Com Syrup, Oat Hour, Sait, Cinnamon, Soy Lecithin, Mixed Tocopherols [to preserve freshness]). Sweet Whey Powder, Freeze-Dried Strawberries, Dipotassium Phosphate, Partially Hydrogenated Coconut Oli, Corn Syrup Solids, Nonfat Dry Milk, Sugar, Sodium Caseinate (From Milk), Tricalcium Phosphate, Mono and Diglycerides, Dipotassium Phosphate, Carrageenan. CONTANIS: MiLK, SOY, WHEAT

PRODUCE OD REQUIPMENT THAT ALSO PRODUCES ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN NET WT. 248g (8.7 02) Brown Sugar And Maple Multi-Grain Cereal

Nutrition Facts Serving Size 1/4 Pouch (66g) Servings Per Container 4						
Amount Per Serv	Amount Per Serving					
Calories 260 Calories from Fat 35						
		% Da	aily Value*			
Total Fat 4g	Total Fat 4g					
Saturated F	Saturated Fat 1g					
Trans Fat 1g						
Cholesterol Omg			0%			
Sodium 120mg			5%			
Total Carboh	ydrate 4	6g	15%			
Dietary Fibe		28%				
Sugars 16g						
Protein 6g						
Vitamin A 0%		min C 0	%			
Calcium 2%	<ul> <li>Iror</li> </ul>	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 Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than Less than Less than ate	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g			
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4						

Ingredients: Six Grain Mix (Hard Red Winter Wheat, Soft White Wheat, Barley, Rye, Rolied Wart, Strittael, Srown Sugar, Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Corn Syrup Solids, Natural and Artificial Flavors, Cinnamon, Sati, Cellulose Gum, Sodium Caseinate (From Milk), Mono and Diglycerdies, Sodium Citrate, Dipotassium Phosphate, Carrageenan. CONTAINS: MILK, SOY WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN

NET WT. 265g (9.3 0Z)

## **Crunchy Granola**

Nutritio	on l	Fac	ts		
Serving Size 1/4 Pouch (55g)					
Servings Per Container 4					
La construction de la constructi					
Amount Per Serving					
Calories 240	Calo	ries fron	n Fat 60		
		% Da	ily Value*		
Total Fat 6g			9%		
Saturated Fat (	).5g		3%		
Trans Fat 0g					
Cholesterol 0m	g		0%		
Sodium 120mg			5%		
Total Carbohyd	rate 40	g	13%		
Dietary Fiber 4	g		16%		
Sugars 13g					
Protein 6g					
Vitaliiii X 070		min C 0	%		
Calcium 4%	<ul> <li>Iron</li> </ul>	8%			
*Percent Daily Values diet. Your daily values depending on your ca	may be h	nigher or lo			
	lories:	2,000	2,500		
Saturated Fat Le Cholesterol Le	ss than ss than ss than ss than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		
Calories per gram: Fat 9 • Carb	ohydrate	4 • Prote	əin 4		

Ingredients: Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Whey (Milk), Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols (to preserve freshness). CONTAINS: MILK, SOY, WHEAT

PRODUCED ON EQUIPMENT THAT ALSO PROCESSES MILK, SOY, WHEAT, EGG, SHELLFISH, FISH, TREE NUTS AND PEANUTS. 100% VEGETARIAN

NET WT. 220g (7.7 0Z)