

Apple Cinnamon Cereal

Nutrition Facts	
Serving Size 1/4 Pouch (66g) Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 46g	15%
Dietary Fiber 7g	28%
Sugars 16g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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, Dried Apples, Salt, 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, 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 Serving	
Calories 270	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	16%
Sugars 16g	
Protein 6g	
Vitamin A 0%	Vitamin C 2%
Calcium 8%	Iron 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	Less than 65g 80g
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients: Granola (Whole Grain Rolled Oats, Brown Sugar, Canola Oil, Whole Grain Rolled Wheat, Corn Syrup, Oat Flour, Salt, Cinnamon, Soy Lecithin, Mixed Tocopherols [to preserve freshness]), Sweet Whey Powder, Freeze-Dried Strawberries, Dipotassium Phosphate, Partially Hydrogenated Coconut Oil, Corn Syrup Solids, Nonfat Dry Milk, Sugar, Sodium Caseinate (From Milk), Tricalcium Phosphate, Mono and Diglycerides, 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. 248g (8.7 OZ)

Brown Sugar And Maple Multi-Grain Cereal

Nutrition Facts	
Serving Size 1/4 Pouch (66g) Servings Per Container 4	
Amount Per Serving	
Calories 260	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Trans Fat 1g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 46g	15%
Dietary Fiber 7g	28%
Sugars 16g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 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
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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, Cinnamon, Salt, 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, SHELLFISH, FISH, TREE NUTS AND PEANUTS.

100% VEGETARIAN

NET WT. 265g (9.3 OZ)

Crunchy Granola

Nutrition Facts	
Serving Size 1/4 Pouch (55g) Servings Per Container 4	
Amount Per Serving	
Calories 240	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 13g	
Protein 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 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	Less than 65g 80g
Saturated 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
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 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 OZ)