Boost participation all day long with the brands you know they love. You'll find everything you need right in this guide. For planning support, visit **generalmillsfoodservice.com/k12**.

NO-PREP

BOWLPAK CEREAL

BPC	Product	Case/Pack	Oz Equivalent Grain	Whole Grain-Rich[1]	Gluten-Free	No Artificial Flavors	No Certified Colors	No High Fructose Corn Syrup	Made Without Gelatin	Kosher Status	Serving Weight	Total Calories	Calories from Fat	Total Fat (g)	Total Fat %DV	Saturated Fat (g)	Saturated Fat %DV	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Smart Snacks Compliant[2]	CACFP-Eligible
BOWLPAK CEREAL																								
31879000	**25% Less Sugar* Apple Cinnamon Cheerios™** Sweetened whole grain oat cereal with apple cinnamon taste in a bowlpak format. Made without gelatin, gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant. **25% Less Sugar than Original Apple Cinnamon Cheerios™. No reduction in calories. Sugar content has been reduced from 9g to 6g per serving.*	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	110	18	2	3	0	0	130	22	2	6	6	√	√
18446000	**Blueberry Chex™** Oven-toasted whole grain-rich rice cereal, naturally blueberry flavored in a bowlpak format. Made without gelatin, gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. No artificial flavors and no certified colors.. CACFP-eligible and Smart Snacks compliant.	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	120	22.5	2.5	3	0	0	160	23	<1	6	6	√	√
32262000	**Cheerios™** Toasted, whole grain oat cereal in ring-shaped pieces in a bowlpak format. Made without gelatin, gluten-free. One bowl equals 1 oz. equivalent grain. 1 gram of added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	100	18	2	2	0	0	140	21	3	1	1	√	√
38387000	**Cinnamon Chex™** Sweetened whole grain-rich rice cereal made with real cinnamon in a bowlpak format. Made without gelatin, gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	110	22.5	2.5	3	0	0	160	23	1	6	6	√	√
29444000	**25% Less Sugar* Cinnamon Toast Crunch™** Sweetened whole grain wheat with rice cereal made with real cinnamon in a bowlpak format. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant. **25% less sugar than original Cinnamon Toast Crunch™. No reduction in calories. Sugar content has been reduced from 8g to 6g per serving.*	96/ 1 oz	1	√		√	√	√	√	Ⓤ[D]	28g	110	27	3	4	0	0	170	22	3	6	6	√	√

NO-PREP

BOWLPAK CEREAL continued

BPC	Product	Case/Pack	Oz Equivalent Grain	Whole Grain-Rich[1]	Gluten-Free	No Artificial Flavors	No Certified Colors	No High Fructose Corn Syrup	Made Without Gelatin	Kosher Status	Serving Weight	Total Calories	Calories from Fat	Total Fat (g)	Total Fat %DV	Saturated Fat (g)	Saturated Fat %DV	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Smart Snacks Compliant[2]	CACFP-Eligible
BOWLPAK CEREAL																								
31888000	**25% Less Sugar* Cocoa Puffs™** A puffed, sweetened, whole grain corn-based chocolate-flavored cereal in a bowlpak format. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant. **25% less sugar than original Cocoa Puffs™. No reduction in calories. Sugar content has been reduced from 10g to 6g per serving.*	96/ 1.06 oz	1	√		√	√	√	√	Ⓤ	30g	120	13.5	1.5	2	0	0	125	25	2	6	6	√	√
33213000	**Corn Chex™** Oven-toasted, whole grain-rich corn cereal in a bowlpak format. Made without gelatin, gluten-free. 1 bowl equals 1 oz. equivalent grain. 3 grams added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	100	4.5	0.5	1	0	0	200	24	1	3	3	√	√
11968000	**Country Corn Flakes™** Flakes of corn in a bowlpak format. 1 bowl equals 0.5 oz. equivalent grain. 1 gram of added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	96/ 0.69 oz	0.5	√		√	√	√	√	Ⓤ	19g	70	4.5	0.5	1	0	0	150	16	1	2	1	√	√
11768000	**Frosted Corn Flakes** Sweetened flakes of corn in a bowlpak format. 1 bowl equals 1 oz. equivalent grain. 6 grams of added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	96/ 1 oz	1	√		√	√	√	√	Ⓤ	28g	110	9	1	1	0	0	180	24	1	6	6	√	√
11943000	**25% Less Sugar* Golden Grahams™** Whole grain wheat and corn meal cereal in rectangular, ridged pieces in a bowlpak format. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible. **25% less sugar than original Golden Grahams™. No reduction in calories. Sugar content has been reduced from 9g to 6g per serving.*	96/ 1 oz	1	√		√	√	√	√	Ⓤ[D]	28g	110	9	1	1	0	0	240	23	2	6	6	✧	√
18447000	**Honey Cheerios™** Sweetened, whole grain oat cereal in ring-shaped pieces with real honey in a bowlpak format. Made without gelatin. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible.	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	110	13.5	1.5	2	0	0	170	22	2	6	6	√	√
11942000	**Kix™** Toasted whole grain corn puffs in a bowlpak format. 1 bowl equals 0.5 oz. equivalent grain. 2 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	96/ 0.625 oz	0.5	√		√	√	√	√	Ⓤ	17g	70	4.5	0.5	1	0	0	100	14	1	2	2	√	√
22488000	**25% Less Sugar* Lucky Charms™** Frosted, toasted, whole grain oat and whole grain corn cereal with marshmallow pieces in a bowlpak format. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams of added sugars per serving. CACFP-eligible. **25% less sugar than original Lucky Charms™. No reduction in calories. Sugar content has been reduced from 9g to 6g per serving.*	96/ 1 oz	1	√	√			√			28g	110	13.5	1.5	2	0	0	220	22	2	6	6	✧	√

NO-PREP

BOWLPAK CEREAL continued

BPC	Product	Case/Pack	Oz Equivalent Grain	Whole Grain-Rich[1]	Gluten-Free	No Artificial Flavors	No Certified Colors	No High Fructose Corn Syrup	Made Without Gelatin	Kosher Status	Serving Weight	Total Calories	Calories from Fat	Total Fat (g)	Total Fat %DV	Saturated Fat (g)	Saturated Fat %DV	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Smart Snacks Compliant[2]	CACFP-Eligible
BOWLPAK CEREAL																								
32263000	**Multigrain Cheerios™** Whole grain oat, corn and rice cereal, lightly sweetened and packaged in a bowlpak format. Made without gelatin, gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	110	9	1	1	0	0	105	23	2	6	6	√	√
31921000	**Rice Chex™** Oven-toasted whole grain-rich rice cereal packaged in a bowlpak format. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 2 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible.	96/ 1 oz	1	√	√	√	√	√	√	Ⓤ	28g	110	4.5	0.5	1	0	0	230	24	1	2	2	✧	√
12392000	**Total™ Raisin Bran** Crispy, whole grain wheat and bran flakes with raisins packaged in a bowlpak format. 1 bowl equals 1 oz. equivalent grain. 7 grams added sugars per 33 grams serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible.	96/ 1.19 oz	1	√		√	√	√	√	Ⓤ[D]	33g	120	4.5	0.5	1	0	0	140	28	3	12	7	✧	√
31922000	**25% Less Sugar* Trix™** Fruit flavored, sweetened whole grain corn and rice flour puffed cereal packaged in a bowlpak format. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant. **25% less sugar than original Trix™. No reduction in calories. Sugar content has been reduced from 8g to 6g per serving.*	96/ 1 oz	1	√			√	√	√	Ⓤ	28g	110	13.5	1.5	2	0	0	160	23	2	6	6	√	√

NO-PREP

CUP CEREAL

BPC	Product	Case/Pack	Oz Equivalent Grain	Whole Grain-Rich[1]	Gluten-Free	No Artificial Flavors	No Certified Colors	No High Fructose Corn Syrup	Made Without Gelatin	Kosher Status	Serving Weight	Total Calories	Calories from Fat	Total Fat (g)	Total Fat %DV	Saturated Fat (g)	Saturated Fat %DV	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Smart Snacks Compliant[2]	CACFP-Eligible
2 oz. EQUIVALENT GRAIN CUP CEREAL																								
17262000	**Blueberry Chex™ K-12 2 oz. Eq Grain** Oven-toasted whole grain-rich rice cereal, naturally blueberry flavored in a cup format that leaves room for milk. Made without gelatin, gluten-free. 1 bowl equals 2 oz. equivalent grain. 11 grams added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible.	60/2 oz	2	√	√	√	√	√	√	Ⓤ	56g	240	45	5	6	0.5	3	320	46	1	11	11	✧	√
14883000	**Cinnamon Chex™ K-12 2 oz. Eq Grain** Sweetened whole grain-rich rice cereal made with real cinnamon in a cup format that leaves room for milk. Gluten-free. 1 cup equals 2 oz. equivalent grain. 12 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible.	60/2 oz	2	√	√	√	√	√	√	Ⓤ	56g	230	45	5	7	0.5	3	340	46	3	12	12	✧	√
14886000	**25% Less Sugar* Cinnamon Toast Crunch™ K-12 2 oz. Eq Grain** Sweetened whole grain wheat with rice cereal made with real cinnamon in a cup format that leaves room for milk. 1 cup equals 2 oz. equivalent grain. 12 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible. **25% less sugar than original Cinnamon Toast Crunch™. No reduction in calories. Sugar content has been reduced from 17g to 12g per serving.*	60/2 oz	2	√		√	√	√	√	Ⓤ[D]	56g	220	54	6	7	0.5	3	340	43	5	12	12	✧	√
14885000	**25% Less Sugar* Cocoa Puffs™ K-12 2 oz. Eq Grain** A puffed, sweetened, whole grain-rich corn-based chocolate-flavored cereal in a cup format that leaves room for milk. 1 cup equals 2 oz. equivalent grain. 12 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. **25% less sugar than original Cocoa Puffs™. No reduction in calories. Sugar content has been reduced from 19g to 12g per serving.*	60/2 oz	2	√		√	√	√	√	Ⓤ	56g	220	27	3	4	0	0	230	47	3	12	12	✧	√
23565000	**Frosted Corn Flakes K-12 2 oz. Eq Grain** Sweetened flakes of corn in a cup format that leaves room for milk. 1 cup equals 2 oz. equivalent grain. 11 grams added sugars per serving. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible.	60/2 oz	2	√		√	√	√	√	Ⓤ	56g	210	13.5	1.5	2	0	0	370	48	3	12	11	✧	√
18448000	**Honey Cheerios™ K-12 2 oz. Eq Grain** Sweetened, whole grain oat cereal in ring-shaped pieces with real honey in a cup format that leaves room for milk. Made without gelatin. 1 cup equals 2 oz. equivalent grain. 12 grams added sugars per serving. No artificial flavors and no certified colors. CACFP-eligible.	60/2 oz	2	√	√	√	√	√	√	Ⓤ	56g	210	27	3	4	0.5	3	340	44	5	12	12	✧	√
22489000	**25% Less Sugar* Lucky Charms™ K-12 2 oz. Eq Grain** Frosted, toasted, whole grain oat and whole grain corn cereal with marshmallow pieces in a cup that leaves room for milk. Gluten-free. 1 cup equals 2 oz. equivalent grain. 12 grams added sugars per serving. CACFP-eligible. **25% less sugar than original Lucky Charms™. No reduction in calories. Sugar content has been reduced from 19g to 12g per serving.*	60/2 oz	2	√	√			√			56g	210	22.5	2.5	3	0.5	3	440	45	5	12	12	✧	√
19567000	**25% Less Sugar* Trix™ K-12 2 oz. Eq Grain** Fruit flavored, sweetened whole grain corn and rice flour puffed cereal packaged in a cup format that leaves room for milk. 1 cup equals 2 oz. equivalent grain. 12 grams added sugars per serving. Made without gelatin. No certified colors. CACFP-eligible. **25% less sugar than original Trix™. No reduction in calories. Sugar content has been reduced from 17g to 12g per serving.*	60/2 oz	2	√			√	√	√	Ⓤ	56g	220	27	3	4	0.5	3	320	47	3	12	12	✧	√

LOW-PREP

BULK CEREAL

BPC	Product	Case/Pack	Oz Equivalent Grain	Whole Grain-Rich[1]	Gluten-Free	No Artificial Flavors	No Certified Colors	No High Fructose Corn Syrup	Made Without Gelatin	Kosher Status	Serving Weight	Total Calories	Calories from Fat	Total Fat (g)	Total Fat %DV	Saturated Fat (g)	Saturated Fat %DV	Sodium (mg)	Total Carbs (g)	Dietary Fiber (g)	Sugars (g)	Added Sugars (g)	Smart Snacks Compliant[2]	CACFP-Eligible
BULK CEREAL																								
11977000	**Cheerios™** Bulk, toasted, whole grain oat cereal in ring-shaped pieces. Made without gelatin. Gluten-free. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant.	4/ 29 oz	1.25	√	√	√	√	√	√	Ⓤ	39g	140	22.5	2.5	3	0.5	3	190	29	4	2	1	√	√
13326000	**Corn Chex™** Bulk, oven-toasted whole grain-rich corn cereal. Made without gelatin. Gluten-free. No artificial flavors and no certified colors. CACFP-eligible.	4/ 33 oz	1.25	√	√	√	√	√	√	Ⓤ	39g	150	9	1	1	0	0	280	33	2	4	4	✧	√
21113000	**Honey Cheerios™** Bulk, sweetened, whole grain oat cereal in ring-shaped pieces made with real honey. Made without gelatin. Gluten-free. No artificial flavors and no certified colors. CACFP-eligible.	4/ 36 oz	1.5	√	√	√	√	√	√	Ⓤ	42g	160	22.5	2.5	3	0.5	3	250	33	4	9	9	✧	√
11965000	**Kix™** Bulk, crispy whole grain-rich corn puff cereal. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible.	4/ 25 oz	1.25	√		√	√	√	√	Ⓤ	40g	160	9	1	2	0	0	220	34	3	4	4	✧	√
23132000	**25% Less Sugar* Nature Valley™ Cinnamon Granola** Bulk, cinnamon flavored granola. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible and Smart Snacks compliant. 24 grams = 1 OEG. Serving size is ¼ cup per Exhibit A crediting. **25% less sugar than our leading retail granola. 25% Less Sugar Cinnamon Granola contains 5g sugar per 28g serving. Our leading retail granola (Nature Valley™ Protein Oats & Honey Granola) contains 7g of sugar per 28g serving.*	4/ 50 oz	1	√		√	√	√	√	Ⓤ[D]	28g	110	22.5	2.5	3	0	0	65	21	4	5	4	√	√
13325000	**Rice Chex™** Bulk, oven-toasted whole grain-rich rice cereal. Made without gelatin, Gluten-free. No artificial flavors and no certified colors. CACFP-eligible.	4/ 33 oz	1.25	√	√	√	√	√	√	Ⓤ	40g	150	9	1	1	0	0	310	35	2	3	3	✧	√
11663000	**Total™ Raisin Bran** Bulk, crispy, whole grain wheat and bran flakes with raisins. Made without gelatin. No artificial flavors and no certified colors. CACFP-eligible.	4/ 56 oz	2.25	√		√	√	√	√	Ⓤ[D]	66g	230	9	1	1	0	0	280	56	6	23	13	✧	√