

2025-2026 SCHOOL BID SPECS CATALOG



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.



BOWLPAC CEREAL



UPC	Product¹	Ca	Oz	Wt	Gl	No	No	No	No	Ma	Ko	Se	To	Ca	To	To	Sal	Sal	So	To	Di	Su	Ad	Sm	CA
BOWLPAC CEREAL																									
100-16000-18446-3	Blueberry Chex™ Oven-toasted whole grain rice cereal, naturally blueberry flavored in a bowlpak format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 6 grams added sugar per serving. No artificial flavors. CACFP-eligible and Smart Snacks-compliant.	96/ 1 oz	1	✓	✓	✓	✓	✓	✓	✓	Ⓢ	28g	120	22.5	2.5	3	0	0	160	23	<1	6	6	✓	✓
100-16000-32262-9	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 sugar per serving. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/ 1 oz	1	✓	✓	✓	✓	✓	✓	✓	Ⓢ	28g	100	18	2	2	0	0	140	21	3	1	1	✓	✓
100-16000-38387-3	Cinnamon Chex™ Sweetened whole grain 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 sugar per serving. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/ 1 oz	1	✓	✓	✓	✓	✓	✓	✓	Ⓢ	28g	110	22.5	2.5	3	0	0	160	23	1	6	6	✓	✓
100-16000-29444-5	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 sugar per serving. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant. <i>*25% less sugar than original Cinnamon Toast Crunch™. No reduction in calories. Sugar content has been reduced from 8g to 6g per serving.</i>	96/ 1 oz	1	✓		✓	✓	✓	✓	✓	Ⓢ ^P	28g	110	27	3	4	0	0	160	22	4	6	6	✓	✓
100-16000-31888-2	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 sugar per serving. Made without gelatin. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. Smart Snacks-compliant. <i>*25% less sugar than original Cocoa Puffs™. No reduction in calories. Sugar content has been reduced from 10g to 6g per serving.</i>	96/ 1.06 oz	1	✓		✓	✓	✓	✓	✓	Ⓢ	30g	120	13.5	1.5	2	0	0	125	25	2	6	6	✓	✓
100-16000-33213-3	Corn Chex™ Oven-toasted, whole grain corn cereal in a bowlpak format. Made without gelatin. Gluten-free. 1 bowl equals 1 oz. equivalent grain. 3 grams added sugar per serving. No artificial flavors, no colors from artificial sources, and no high fructose corn syrup. CACFP-eligible and Smart Snacks-compliant.	96/ 1 oz	1	✓	✓	✓	✓	✓	✓	✓	Ⓢ	28g	100	4.5	0.5	1	0	0	200	24	1	3	3	✓	✓