



# Golden Grahams™ Cereal Single Serve Bowlpak 1 oz

UPC: 016000119437

Information Accurate as of: **May 13, 2021**

## DESCRIPTION

A whole grain graham cereal with the taste of graham cracker crunch and brown sugar in rectangular, ridged pieces in a ready-to-eat bowl for convenient, portion control. For crediting in USDA Child Nutrition Programs: 1 ounce equivalent grain and whole grain-rich criteria.

Case GTIN: 10016000119434

Unit Weight: 1 OZ

Units per case: 96

## Nutrition Facts

1 Bowl (28g)  
Serving Size

Calories  
per serving

110

Amount/serving	% Daily Value**	Amount/serving	% Daily Value**
<b>Total Fat</b> 1g	1%	<b>Sodium</b> 210mg	9%
Saturated Fat 0g	0%	<b>Total Carbohydrate</b> 24g	9%
Trans Fat 0g		Dietary Fiber 1g	4%
<b>Cholesterol</b> 0mg	0%	Total Sugars 9g	
		Includes 9g Added Sugars	18%
		<b>Protein</b> 1g	
Vitamin D 6%	• Calcium 6%	• Iron 10%	
Potassium 0%	• Vitamin A 6%	• Vitamin C 6%	
Thiamin 10%	• Riboflavin 6%	• Niacin 6%	
Vitamin B6 10%	• Folate 10%	• (30mcg Folic Acid) 10%	
Vitamin B12 10%	• Phosphorus 4%	• Magnesium 4%	
Zinc 10%			

\*\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Not a significant nutrient source

## Nutrition Facts

Calories  
Approx Per 100g

376

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
<b>Total Fat</b> 4g		<b>Sodium</b> 758mg	
Saturated Fat 0g		<b>Total Carbohydrate</b> 85g	
Trans Fat 0g		Dietary Fiber 4g	
<b>Cholesterol</b> 0mg		Total Sugars 30g	
		Includes 30g Added Sugars	
		<b>Protein</b> 5g	
Vitamin D • Calcium		• Iron	
Potassium • Vitamin A		• Vitamin C	
Thiamin • Riboflavin		• Niacin	
Vitamin B6 • Folate		• (113mcg Folic Acid)	
Vitamin B12 • Phosphorus		• Magnesium	
Zinc			

\*\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

\*Not a significant nutrient source

**INGREDIENTS & ALLERGENS:** Whole Grain Wheat, Corn Meal, Sugar, Brown Sugar Syrup, Canola Oil, Honey, Baking Soda, Salt, Dextrose, Trisodium Phosphate, Natural Flavor. Vitamins and Minerals: Calcium Carbonate, Vitamin C (sodium ascorbate), Iron and Zinc (mineral nutrients), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), Vitamin B2 (riboflavin), A B Vitamin (folic acid), Vitamin B12, Vitamin D3. CONTAINS WHEAT INGREDIENTS.

**KOSHER APPROVAL:** OU/DAIRY

Nutritional information is subject to change. See product label to verify ingredients and allergens. Do not eat raw dough or batter.

This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change. Search results are based on the system information available. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.



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Dear Valued Customer:

Regarding: Buy American provision

The Buy American provision in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) regulations [7 Code of Federal Regulations (CFR) Part 210.21(d) and 220.16(d)], is a procurement standard School Food Authorities (SFAs) must comply with when purchasing commercial food products served in the school meals. By requirement of the Buy American provision, SFAs must purchase, to the maximum extent practicable, domestic commodities or products for use in meals served under the NSLP and SBP. A domestic commodity or product is one that is produced and processed in the United States substantially using agricultural commodities that are produced in the United States. "Substantial" means over 51 percent of the final processed product consists of agricultural commodities that were grown domestically. Limited exceptions to the Buy American provision allow for the purchase of products not meeting the "domestic" standard as described in circumstances when use of domestic products is truly not practicable (see USDA memo SP 24-2016).

We, General Mills, Inc., certify that all products listed on the following pages comply with the Buy American provision.

A handwritten signature in black ink that reads 'Wendy Ramaker'.

Wendy Ramaker  
Labeling and Regulatory Compliance Specialist, K12 Education  
October 09, 2020

UPC	PRODUCT DESCRIPTION
<b>BOWLPACK CEREAL</b>	
100-16000-31879-0	Apple Cinnamon Cheerios™
100-16000-32262-9	Cheerios™
100-16000-38387-3	Cinnamon Chex™
100-16000-11815-4	Cinnamon Toast Crunch™
100-16000-29444-5	25% Less Sugar Cinnamon Toast Crunch™
100-16000-33213-3	Corn Chex™
100-16000-31888-2	25% Less Sugar Cocoa Puffs™
100-16000-11768-3	Frosted Corn Flakes
100-16000-31916-2	Fruity Cheerios™
100-16000-11943-4	Golden Grahams™
100-16000-11918-2	Honey Nut Cheerios™
100-16000-11866-6	Honey Nut Chex™
100-16000-11942-7	Kix™
100-16000-31917-9	Lucky Charms™
100-16000-32263-6	Multi Grain Cheerios™
100-16000-31919-3	Reese's Puffs
100-16000-31921-6	Rice Chex™
100-16000-12392-9	Total™ Raisin Bran
100-16000-31922-3	25% Less Sugar Trix™
<b>2oz EQUIVALENT GRAIN CEREAL</b>	
100-16000-14883-0	Cinnamon Chex K12 2oz Eq Grain
100-16000-14886-1	25% Less Sugar Cinnamon Toast Crunch™ K12 2oz Eq Grain
100-16000-14885-4	25% Less Sugar Cocoa Puffs™ K12 2oz Eq Grain
000-16000-28932-1	Cinnamon Toast Crunch™ K12 2oz Eq Grain
100-16000-14882-3	Honey Nut Cheerios™ K12 2oz Eq Grain
100-16000-14884-7	Lucky Charms™ K12 2oz Eq Grain
100-16000-17262-0	Blueberry Chex™ K12 2oz Eq Grain
100-16000-17293-4	Rice Chex™ K12 2oz Eq Grain
<b>WHOLE GRAIN TACO SHELLS</b>	
100-75265-80704-3	Pancho Villa™ 5" Crunchy Taco Shells
<b>GOLD MEDAL™ WHOLE GRAIN FLOUR</b>	
100-16000-53211-0	Gold Medal™ Wheat-a-Laxa™ Whole Wheat Flour Coarse Ground

UPC	PRODUCT DESCRIPTION
<b>BULK CEREAL</b>	
100-16000-13326-3	Corn Chex™
100-16000-11989-2	Golden Grahams™
100-16000-11988-5	Honey Nut Cheerios™
100-16000-11965-6	Kix™
100-16000-11998-4	Lucky Charms™
100-16000-27111-8	Nature Valley™ Granola - Oats 'n Honey
100-16000-13325-6	Rice Chex™
100-16000-11963-2	Trix™
100-21908-12772-6	Cascadian Farm™ Oats & Honey Granola
100-16000-11977-9	Cheerios™
100-16000-38391-0	Chocolate Chex™
100-16000-11813-0	Cinnamon Toast Crunch™
<b>INDIVIDUALLY WRAPPED FROZEN GRAIN</b>	
100-18000-27852-4	Pillsbury™ Frudel™ Apple
100-18000-27851-7	Pillsbury™ Frudel™ Cherry
100-18000-38399-0	Pillsbury™ Mini Bagels Cinnamon Creamy Cheese
100-18000-38413-3	Pillsbury™ Mini Bagels Strawberry Creamy Cheese
100-18000-33686-6	Pillsbury™ Mini Cinnis™
100-18000-37309-0	Pillsbury™ Cinnamon Rush™ Mini French Toast
100-18000-37308-3	Pillsbury™ Triple Berry Blast™ Mini French Toast
100-18000-37732-6	Pillsbury™ Maple Burst'n™ Mini Pancakes
100-18000-37731-9	Pillsbury™ Strawberry Splash™ Mini Pancakes
100-18000-16049-2	Pillsbury™ Mini Pancakes Chocolatey Chip Explosion
100-18000-32264-7	Pillsbury™ Blueberry Bash Mini Waffles
100-18000-32265-4	Pillsbury™ Maple Madness Mini Waffles
100-1800-49979-0	Pillsbury™ Filled Crescent Chocolate
100-1800-49978-3	Pillsbury™ Filled Crescent Grape
100-18000-10978-1	Soft Filled Cinnamon Toast Crunch™ Bar
100-18000-11032-9	Soft Filled Cocoa Puffs™ Bar
100-16000-17364-1	Nature Valley™ Frozen Soft Oatmeal Round Banana Chocolate Chip
100-16000-17365-8	Nature Valley™ Frozen Soft Oatmeal Round Apple Cinnamon
<b>INDIVIDUALLY WRAPPED ENTREES</b>	
100-18000-12317-6	Pillsbury™ Cheesy Pull-Aparts Italian Cheese & Garlic
100-18000-12316-9	Pillsbury™ Cheesy Pull-Aparts Southwest Queso

UPC	PRODUCT DESCRIPTION
<b>GOLD MEDAL™ NON-WHOLE GRAIN MIXES</b>	
100-16000-11442-2	Gold Medal Muffin Mix Corn Muffin 5lb
100-16000-11422-4	Gold Medal Southern Style Cornbread Mix 5lb
100-16000-10421-8	Gold Medal Corn Bread Muffin Mix 25lb
100-16000-11545-0	Gold Medal Variety Muffin Mix 25lb
<b>PILLSBURY™ WHOLE GRAIN-RICH BREADS</b>	
100-94562-37738-7	Pillsbury™ Ciabatta Bread
100-94562-11091-5	Pillsbury® Press-less Panini Bread
100-94562-10174-6	Pillsbury™ French Bread
<b>PILLSBURY™ WHOLE GRAIN-RICH FROZEN DOUGH BISCUITS</b>	
100-94562-32269-1	Pillsbury™ Whole Grain-Rich Biscuit Dough Mini 1.25 oz
100-94562-32267-7	Pillsbury™ Whole Grain-Rich Biscuit Dough 2.51 oz
100-94562-32268-4	Pillsbury™ Whole Grain-Rich Biscuit Dough Easy Split™ 2.51 oz
<b>PILLSBURY™ NON-WHOLE GRAIN-RICH FROZEN DOUGH BISCUITS</b>	
100-94562-10752-6	Pillsbury™ Southern Style Easy Split Biscuit Dough 2.51oz
100-94562-31524-2	Pillsbury™ Frozen Biscuit Dough Easy Split™ Southern Style 2.2oz
100-94562-31151-0	Pillsbury™ Frozen Biscuit Dough Reduced Sodium Southern Style 2.2 oz
100-94562-06252-8	Pillsbury™ Frozen Biscuit Dough Southern Style 2.2 oz
100-94562-06331-0	Pillsbury™ Frozen Biscuit Dough Garlic & Cheddar 1.2oz
<b>PILLSBURY™ WHOLE-GRAIN RICH FROZEN BAKED BISCUITS</b>	
100-94562-32272-1	Pillsbury™ Whole Grain-Rich Baked Biscuit Mini 1.0 oz
100-94562-32271-4	Pillsbury™ Whole Grain-Rich Baked Biscuit Easy Split™ 2.0 oz
<b>PILLSBURY™ NON-WHOLE GRAIN-RICH FROZEN BAKED BISCUITS</b>	
100-94562-32391-9	Pillsbury™ Baked Biscuit Golden Buttermilk Easy Split™ 2.25oz
<b>GOLD MEDAL™ WHOLE GRAIN-RICH MIXES</b>	
100-16000-31527-0	Gold Medal™ Whole Grain Complete Pancake Mix
100-16000-31529-4	Gold Medal™ Whole Grain Variety Muffin Mix
<b>PILLSBURY™ WHOLE-GRAIN-RICH CINNAMON ROLLS</b>	
100-94562-11111-0	Pillsbury™ K12 Freezer-to-Oven Whole Grain Cinnamon Roll Dough 2.7oz

UPC	PRODUCT DESCRIPTION
<b>PILLSBURY™ NON-WHOLE GRAIN CINNAMON ROLLS</b>	
100-94562-05358-8	Pillsbury Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 3 oz
100-94562-05357-1	Pillsbury Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 1.5 oz
107-21582-11144-7	Pillsbury Supreme™ Place & Bake™ Freezer-to-Oven Cinnamon Roll Dough 0.9 oz
<b>GENERAL MILLS™ NON-WHOLE GRAIN QUICK GRITS</b>	
100-16000-14357-6	Enriched Corn Grits 8/5 LB
100-16000-14355-2	Enriched Quick Grits 12/24 oz
<b>PILLSBURY™ NON-WHOLE GRAIN MUFFIN PUCKS</b>	
100-94562-31665-2	Pillsbury Place & Bake Muffin Batter Pucks 1.5 oz Corn
<b>PILLSBURY™ WHOLE GRAIN-RICH MUFFIN TOPS</b>	
100-94562-11114-1	Pillsbury™ K12 Whole Grain Muffin Top Chocolate Chip Place & Bake Batter 2.1 oz
100-94562-11113-4	Pillsbury™ K12 Whole Grain Muffin Top Blueberry Place & Bake Batter 2.1 oz
<b>PILLSBURY™ NON-WHOLE GRAIN PIE DOUGH</b>	
100-94562-10145-6	Pillsbury Frozen Pie Dough Sheet (10x12in)
<b>YOPLAIT® SIMPLY GO-GURT® YOGURT 2oz</b>	
100-70470-49295-4	Yoplait® Simply Go-GURT® Strawberry
<b>YOPLAIT® TRIX™ YOGURT 4oz</b>	
100-70470-17725-0	Yoplait® Trix™ Raspberry Rainbow
100-70470-17726-7	Yoplait® Trix™ Strawberry Banana Bash
100-70470-31077-7	Yoplait® Trix™ Triple Cherry
<b>YOPLAIT® ORIGINAL YOGURT 4oz</b>	
000-70470-17729-8	Yoplait® Original Strawberry/Strawberry Banana
000-70470-17728-1	Yoplait® Original Red Raspberry/Harvest Peach
<b>YOPLAIT® ORIGINAL YOGURT 4oz</b>	
100-70470-15676-4	Yoplait® Smooth Yogurt Vanilla 4oz Cup K12
100-70470-15677-1	Yoplait® Smooth Yogurt Strawberry 4oz Cup K12
100-70470-15675-7	Yoplait® Smooth Yogurt Horchata 4oz Cup K12

UPC	PRODUCT DESCRIPTION
<b>YOPLAIT® PARFAITPRO® YOGURT 64oz</b>	
100-70470-16632-9	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Vanilla
100-70470-16631-2	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Strawberry
100-70470-16067-9	Yoplait® ParfaitPro® Yogurt Multiserve Pouch, Low Fat Blueberry
100-70470-41167-2	Yoplait® ParfaitPro® Greek Yogurt Multiserve Pouch, Fat Free Vanilla
<b>YOPLAIT® ORIGINAL YOGURT 6oz</b>	
100-70470-00302-0	Yoplait® Original Mountain Blueberry
100-70470-00303-7	Yoplait® Original Cherry Orchard
100-70470-00323-5	Yoplait® Original French Vanilla
100-70470-00306-8	Yoplait® Original Lemon Burst
100-70470-00310-5	Yoplait® Original Mixed Berry
100-70470-00307-5	Yoplait® Original Harvest Peach
100-70470-00301-3	Yoplait® Original Red Raspberry
100-70470-00300-6	Yoplait® Original Strawberry
100-70470-00313-6	Yoplait® Original Strawberry Banana
<b>YOPLAIT® GREEK YOGURT 5.3oz</b>	
100-70470-45916-2	Yoplait® Fat Free Greek Blueberry
100-70470-45915-5	Yoplait® Fat Free Greek Strawberry Raspberry
100-70470-45913-1	Yoplait® Fat Free Greek Vanilla
<b>YOPLAIT® ORIGINAL YOGURT 32oz</b>	
100-70470-00438-9	Yoplait® Original Plain
100-70470-00430-3	Yoplait® Original Strawberry
100-70470-00439-3	Yoplait® Original Vanilla
<b>NATURE VALLEY™ GRANOLA BARS</b>	
100-16000-33530-8	Nature Valley™ Crunchy Oats 'n Honey (Double Bar)
100-16000-11582-5	Nature Valley™ Crunchy Oats 'n Honey (Single Bar)
100-16000-33550-6	Nature Valley™ Crunchy Peanut Butter (Double Bar)
100-16000-11584-9	Nature Valley™ Crunchy Peanut Butter (Single Bar)
100-16000-15120-5	Nature Valley™ Chewy Trail Mix Bar - Fruit & Nut
100-16000-11590-0	Nature Valley™ Chewy Chocolate Chunk
100-16000-11591-7	Nature Valley™ Chewy Variety Pack
<b>NATURE VALLEY™ CRISPS</b>	
100-16000-48255-2	Nature Valley™ Crisps Chocolate Chip
100-16000-48256-9	Nature Valley™ Crisps Cinnamon

UPC	PRODUCT DESCRIPTION
<b>NATURE VALLEY™ BACKPACKER™</b>	
100-16000-47296-6	Nature Valley™ Backpacker™ S'mores
100-16000-47295-9	Nature Valley™ Backpacker™ Chocolate Chip
<b>BETTY CROCKER™ FRUIT ROLL-UPS™</b>	
100-16000-11561-0	Betty Crocker™ Fruit Roll-Ups™ Crazy Colors™ Reduced Sugar
100-16000-11566-5	Betty Crocker™ Fruit Roll-Ups™ Blastin' Berry Hot Colors™ Reduced Sugar
100-16000-29162-8	Betty Crocker™ Fruit Roll-Ups™ Strawberry Reduced Sugar
<b>BETTY CROCKER™ FRUIT SHAPES™ SCOOPY-DOO!™</b>	
100-16000-11510-8	Betty Crocker™ Fruit Shapes™ Scooby Doo™!
<b>MOTTS® FRUIT-FLAVORED SNACKS</b>	
100-16000-47953-8	Mott's® Fruit-Flavored Snacks Mixed Berry
100-16000-47954-5	Mott's® Fruit-Flavored Snacks Assorted Fruit
<b>CHEX™ SNACK MIX-SINGLE SERVE</b>	
100-16000-31934-6	Chex Mix™ Hot 'n Spicy
100-16000-31932-2	Simply Chex™ Cheddar
100-16000-31933-9	Simply Chex™ Chocolate Caramel
100-16000-31937-7	Simply Chex™ Strawberry Yogurt
<b>BETTY CROCKER™ OATMEAL BARS</b>	
100-16000-45976-9	Betty Crocker™ Oatmeal Bar Butterscotch
100-16000-45977-6	Betty Crocker™ Oatmeal Bar Chocolate Chip
100-16000-45566-2	Betty Crocker™ Oatmeal Bar Double Chocolate
<b>ANNIE'S™ PRODUCTS</b>	
000-13562-00236-8	Annie's™ Bunny Grahams™ Honey
000-13562-00237-5	Annie's™ Bunny Grahams™ Friends: Chocolate, Chocolate Chip, Honey
100-13562-49828-1	Annie's™ Cheddar Bunnies™ Baked Snack Crackers
<b>CEREAL BARS</b>	
100-16000-45576-1	Cinnamon Toast Crunch™
100-16000-45577-8	Cocoa Puffs™
100-16000-31912-4	Fruity Cheerios™
100-16000-31914-8	Team Cheerios™
100-16000-31915-5	Trix™
100-16000-31913-1	Golden Grahams™
100-16000-16854-8	Cinnamon Toast Crunch™ 2 oz eq cereal bar



Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weights per oz equivalent)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Golden Grahams @ Bowlpak Code No.: 16000-11943

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No How many grams:
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate to which Exhibit A Group (A-I) the Product Belongs: I

Table with 4 columns: Description of Product per Food Buying Guide, Portion Size of Product as Purchased (A), Weight of one ounce equivalent as listed in SP 30-2012 (B), and Creditable Amount (A ÷ B). Row 1: Ready to Eat Cereal, 28g, 28g, 28g ÷ 28g = 1.0. Row 2: Total Creditable Amount, 1.0.

1Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 1.0 OZ (28g)
Total contribution of product (per portion) 1.0 oz equivalent

I further certify that the above information is true and correct and that a 28g/1.0 ounce portion of this product (ready for serving) provides 1.0 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Handwritten signature of Wendy Ramaker

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
January 05, 2021