

General Mills Honey Nut Cheerios

UPC: 16000119185

Information Accurate as of: **June 19, 2023**

DESCRIPTION

A sweetened twist on the classic cereal, Honey Nut Cheerios(TM) is a whole grain gluten-free cereal in ring-shaped pieces with real honey and natural almond flavoring in a ready-to-eat bowl for convenient, single serve portion control. Made without gelatin. For USDA Child Nutrition Programs: meets 1 ounce equivalent grain, whole grain-rich criteria, and USDA Smart Snacks criteria.

Case GTIN: 10016000119182

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**
Total Fat 1.5g	2%	Sodium 160mg	7%
Saturated Fat 0g	0%	Total Carbohydrate 23g	8%
Trans Fat 0g		Dietary Fiber 2g	7%
Cholesterol 0mg	0%	Total Sugars 9g	
		Soluble Fiber <1g	
		Includes 9g Added Sugars	18%
		Protein 2g	
Vitamin D 6%	• Calcium 35mcg	6%	• Iron 35mcg 15%
Potassium 2%	• Vitamin A 35mcg	6%	• Vitamin C 35mcg 6%
Thiamin 15%	• Riboflavin 35mcg	6%	• Niacin 35mcg 6%
Vitamin B6 15%	• Folate 35mcg	15%	• (35mcg Folic Acid) 15%
Vitamin B12 15%	• Phosphorus	8%	• Magnesium 8%
Zinc 15%			

* 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 **389**

Amount/100g	% Daily Value**	Amount/100g	% Daily Value**
Total Fat 6g		Sodium 556mg	
Saturated Fat 0g		Total Carbohydrate 81g	
Trans Fat 0g		Dietary Fiber 8g	
Cholesterol 0mg		Total Sugars 33g	
		Soluble Fiber <3g	
		Includes 33g Added Sugars	
		Protein 8g	
Vitamin D 6mcg	• Calcium 361mg	• Iron 10mg	
Potassium 389mg	• Vitamin A 833IU	• Vitamin C 25mg	
Thiamin 1mg	• Riboflavin 0mg	• Niacin 4mg	
Vitamin B6 1mg	• Folate 222mcg	• (125mcg Folic Acid)	
Vitamin B12 1mcg	• Phosphorus 306mg	• Magnesium 97mg	
Zinc 6mg			

* 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 Oats, Sugar, Corn Starch, Honey, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Canola and/or Sunflower Oil, Natural Almond Flavor. Vitamin E (mixed tocopherols) Added to Preserve Freshness. 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 ALMOND INGREDIENTS.

KOSHER APPROVAL: OU

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.



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
September 08, 2022

UPC	PRODUCT DESCRIPTION
BOWLPAC CEREAL	
100-16000-31879-0	Apple Cinnamon Cheerios™
100-16000-18446-3	Blueberry Chex™
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	Special Edition Cocoa Puffs™
100-16000-11768-3	Frosted Corn Flakes
100-16000-11943-4	Golden Grahams™
100-16000-18447-0	Honey Cheerios™
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™
2oz EQUIVALENT GRAIN CEREAL	
100-16000-17262-0	Blueberry Chex™
100-16000-14883-0	Cinnamon Chex™
100-16000-14886-1	25% Less Sugar Cinnamon Toast Crunch™
000-16000-28932-1	Cinnamon Toast Crunch™
100-16000-14885-4	Special Edition Cocoa Puffs™
100-16000-18448-7	Honey Cheerios™
100-16000-14882-3	Honey Nut Cheerios™
100-16000-14884-7	Lucky Charms™
100-16000-19567-4	25% Less Sugar Trix™
CHEX™ SNACK MIX-SINGLE SERVE	
100-16000-31932-2	Simply Chex™ Cheddar
100-16000-31933-9	Simply Chex™ Chocolate Caramel
100-16000-31937-7	Simply Chex™ Strawberry Yogurt
ANNIE'S™ PRODUCTS	
000-13562-00237-5	Annie's™ Bunny Grahams™ Friends: Chocolate, Chocolate Chip, Honey
100-13562-49828-1	Annie's™ Cheddar Bunnies™ Baked Snack Crackers
000-13562-00236-8	Annie's™ Bunny Grahams™ Honey

UPC	PRODUCT DESCRIPTION
BULK CEREAL	
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™
INDIVIDUALLY WRAPPED FROZEN GRAIN	
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
100-18000-32264-7	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™ Soft Oatmeal Round Banana Chocolate Chip
100-16000-17365-8	Nature Valley™ Soft Oatmeal Round Apple Cinnamon
WHOLE GRAIN TACO SHELLS	
100-75265-80704-3	Pancho Villa™ 5" Crunchy Taco Shells
BETTY CROCKER™ OATMEAL BARS	
100-16000-45976-9	Betty Crocker™ Oatmeal Bar Butterscotch
100-16000-45566-2	Betty Crocker™ Oatmeal Bar Double Chocolate Chip
100-16000-45977-6	Betty Crocker™ Oatmeal Bar Chocolate Chip
INDIVIDUALLY WRAPPED ENTREES	
100-18000-12317-6	Pillsbury™ Cheesy Pull-Aparts Italian Cheese & Garlic
100-18000-12316-9	Pillsbury™ Cheesy Pull-Aparts Southwest Queso

UPC	PRODUCT DESCRIPTION
GOLD MEDAL™ NON-WHOLE GRAIN MIXES	
100-16000-11442-2	Gold Medal Muffin Mix Corn Muffin 5lb
PILLSBURY™ NON-WHOLE GRAIN-RICH CORNBREAD DOUGH	
100-94562-08046-1	Pillsbury™ TubeSet™ Corn Muffin Batter
GENERAL MILLS™ NON-WHOLE GRAIN FLOUR	
100-16000-50531-2	Big Loaf Trademark Enriched Flour Bleach 50 lb
100-16000-53211-0	Gold Medal Bakers All Purpose Enriched Flour Bleached
GOLD MEDAL™ WHOLE GRAIN FLOUR	
100-16000-53211-0	Gold Medal™ Wheat-a-Laxa™ Whole Wheat Flour Coarse Ground
PILLSBURY™ WHOLE GRAIN-RICH FROZEN DOUGH BISCUITS	
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
PILLSBURY™ NON-WHOLE GRAIN-RICH FROZEN DOUGH BISCUITS	
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
100-18000-12923-9	Pillsbury™ Frozen Cornbread Biscuit Dough 2.2oz
PILLSBURY™ WHOLE-GRAIN RICH FROZEN BAKED BISCUITS	
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
PILLSBURY™ NON-WHOLE GRAIN-RICH FROZEN BAKED BISCUITS	
100-94562-32391-9	Pillsbury™ Baked Biscuit Golden Buttermilk Easy Split™ 2.25oz
GOLD MEDAL™ WHOLE GRAIN-RICH MIXES	
100-16000-31527-0	Gold Medal™ Whole Grain Complete Pancake Mix
100-16000-31529-4	Gold Medal™ Whole Grain Variety Muffin Mix
PILLSBURY™ WHOLE-GRAIN-RICH CINNAMON ROLLS	
100-94562-11111-0	Pillsbury™ K12 Freezer-to-Oven Whole Grain Cinnamon Roll Dough 2.7oz
GENERAL MILLS™ NON-WHOLE GRAIN QUICK GRITS	
100-16000-14357-6	Enriched Corn Grits 8/5 LB
100-16000-14355-2	Enriched Quick Grits 12/24 oz

UPC	PRODUCT DESCRIPTION
PILLSBURY™ NON-WHOLE GRAIN CINNAMON ROLLS	
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
PILLSBURY™ WHOLE GRAIN-RICH MUFFIN TOPS	
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
PILLSBURY™ NON-WHOLE GRAIN MUFFIN PUCKS	
100-94562-31665-2	Pillsbury Place & Bake Muffin Batter Pucks 1.5 oz Corn
PILLSBURY™ NON-WHOLE GRAIN PIE DOUGH	
100-94562-10145-6	Pillsbury Frozen Pie Dough Sheet (10x12in)
YOPLAIT® SIMPLY GO-GURT® YOGURT 2oz	
100-70470-49295-4	Yoplait® Simply Go-GURT® Strawberry
100-70470-19592-3	Yoplait® Simply Go-GURT® Mixed Berry
YOPLAIT® ORIGINAL YOGURT 4oz	
000-70470-17729-8	Yoplait® Original Strawberry/Strawberry Banana
000-70470-17728-1	Yoplait® Original Red Raspberry/Harvest Peach
YOPLAIT® TRIX™ YOGURT 4oz	
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
YOPLAIT® PARFAITPRO® YOGURT 64oz	
100-70470-16632-9	Yoplait® ParfaitPro® Yogurt, Low Fat Vanilla
100-70470-16631-2	Yoplait® ParfaitPro® Yogurt Low Fat Strawberry
100-70470-41167-2	Yoplait® ParfaitPro® Greek Yogurt, Fat Free Vanilla
100-70470-16067-9	Yoplait® ParfaitPro® Yogurt, Low Fat Blueberry
YOPLAIT® ORIGINAL YOGURT 32oz	
100-70470-00438-9	Yoplait® Original Plain
100-70470-00430-3	Yoplait® Original Strawberry
100-70470-00439-3	Yoplait® Original Vanilla
YOPLAIT® GREEK YOGURT 5.3oz	
100-70470-45913-1	Yoplait® Fat Free Greek Vanilla
100-70470-45916-2	Yoplait® Fat Free Greek Blueberry
100-70470-45915-5	Yoplait® Fat Free Greek Strawberry Raspberry

UPC	PRODUCT DESCRIPTION
YOPLAIT® ORIGINAL YOGURT 6oz	
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
NATURE VALLEY™ GRANOLA BARS	
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
100-16000-11594-0	Nature Valley™ Chewy Oatmeal Raisin
100-16000-11591-7	Nature Valley™ Chewy Variety Pack
NATURE VALLEY™ CRISPS	
100-16000-48255-2	Nature Valley™ Crisps Chocolate Chip
100-16000-48256-9	Nature Valley™ Crisps Cinnamon

UPC	PRODUCT DESCRIPTION
BETTY CROCKER™ FRUIT ROLL-UPS™	
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
MOTTS® FRUIT-FLAVORED SNACKS	
100-16000-47953-8	Mott's® Fruit-Flavored Snacks Mixed Berry
100-16000-47954-5	Mott's® Fruit-Flavored Snacks Assorted Fruit
BETTY CROCKER™ FRUIT SHAPES™ SCOOPY-DOO!™	
100-16000-11510-8	Betty Crocker™ Fruit Shapes™ Scooby Doo™!
CEREAL BARS	
100-16000-45576-1	Cinnamon Toast Crunch™
100-16000-45577-8	Cocoa Puffs™
100-16000-31914-8	Team Cheerios™
100-16000-31915-5	Trix™
100-16000-31913-1	Golden Grahams™
2 OZ EQ GRAIN CEREAL BARS	
100-16000-16854-8	Cinnamon Toast Crunch™
100-16000-16856-2	Peach Cheerios™
100-16000-16853-1	Lucky Charms™



GENERAL MILLS

**Product Formulation Statement for Documenting Grains
in Child Nutrition Programs**
(Crediting Standards Based on Exhibit A Weights per Ounce Equivalent)

Program operators 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. Program operators have the option to choose the crediting method that fits their specific menu planning needs.

Product Name: Honey Nut Cheerios® Bowlpak Code No.: 16000-11918

Manufacturer: General Mills, Inc. Serving Size 1.0 OZ (28g)

I. Does the product meet the whole grain-rich criteria: Yes No

II. Does the product contain non-creditable grains: Yes No **How many grams:**
(Products with more than 0.24 ounce equivalent (oz eq) or 3.99 grams (g) for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.)

III. Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16g creditable grains per oz eq; Groups H and I use the standard of 28g creditable grain per oz eq or volume.)

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

DESCRIPTION OF PRODUCT PER EXHIBIT A	PORTION SIZE OF PRODUCT AS PURCHASED A	WEIGHT OF ONE OZ EQ AS LISTED IN EXHIBIT A B	CREDITABLE AMOUNT A ÷ B
Ready to Eat Cereal	28g	28g	28g ÷ 28g = 1.0
Total Creditable Amount¹			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 eq

I further certify that the above information is true and correct and that a 1.0 ounce portion of this product (ready for serving) provides 1.0 oz eq grains. I further certify that non-creditable grains **are not** above 0.24 oz eq per portion. Products with more than 0.24 oz eq or 3.99g for Groups A-G or 6.99g for Groups H and I of non-creditable grains do not credit toward the grains requirement for school meals.

Wendy Ramaker
Labeling and Regulatory Compliance Specialist, K12 Education
September 01, 2022
Exhibit A

Package Images



PIM - Styled

Case - Right Front 3D



PIM - Out of Packaging

PIM - Open Case



PIM - Styled

Front - 3D