

## Ingredients

Whole Grain Oats, Sugar, Canola Oil, Rice Flour, Honey, Salt, Brown Sugar Syrup, Baking Soda, Soy Lecithin, Natural Flavor.

### ⚠ Contains

Soy

### ⚠ May contain

Peanuts, Tree Nuts

### ✓ Free from

NA

### ◇ Attributes

Child Nutrition, Kosher

## Nutrition Information

# KCDA No. 45672

190 Calories per serving

Serving size 1 Serving (42g)

<b>Total Fat</b> 7g	9%
Saturated Fat 1g	5%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Total Carbohydrate</b> 29g	11%
Dietary Fiber 2g	7%
Total Sugars	
Includes 11g	22%
<b>Protein</b> 3g	6%
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 0mg	0%
<b>Iron</b> 1.00mg	6%
<b>Potassium</b> 0mg	0%

\* 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.

## School Nutrition Information

I certify that the above information is true and correct and that a (42g) 1.5 OZ ounce portion of this product (ready for serving) provides 1.25 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion.