



Department of General Services
Procurement Division
707 Third Street, 2nd Floor
West Sacramento, CA 95605-2811

State of California
CONTRACT NOTIFICATION
****MANDATORY****

CONTRACT NUMBER:	1-08-89-110
DESCRIPTION:	Cereal, Dry, Ready-to-Eat
CONTRACTOR(S):	Various
CONTRACT TERM:	July 1, 2008 thru June 30, 2009
DISTRIBUTION LIST:	Statewide Institutions
STATE CONTRACT ADMINISTRATOR:	Buyer 916-375-4432 etardiff@dgs.ca.gov



Dion Campos, Food Acquisitions Manager

Date: **June 9, 2008**

Contract (Mandatory) 1-08-89-110
Contract Notification and User Guide

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Quick Reference Guide

Both the State and the contractor(s) have assigned contract administrators as the single points of contact for problem resolution and related contract issues.

State Contract Administrator:

Administrator:	Eileen Tardiff
Address:	DGS/Procurement Division 707 3 rd Street, 2 nd Floor, MS201 West Sacramento, CA 95605
Phone:	(916) 375-4432
Fax:	(916) 375-4439
Email Address:	etardiff@dgs.ca.gov

Supplier Contact Information (1):

Contact:	Chris Adolph
Address:	Adolph, Inc. 2339 Kern Street, #310 Fresno, CA 93721
Phone:	(559) 237-7056
Fax:	(559) 237-7058
Email Address:	chris@adolphinc.com
Federal Employee Tax ID #:	54-2122532
Office of Small Business and DVBE Certification #:	34872

Line Items Awarded: 1-5, 8

Terms of Contract:

Offered Terms of Payment:	½%, 10 days
FOB:	Destination
Minimum Order:	\$ 100.00
Product Price Terms:	Firm Fixed
Due Date of PO to Supplier:	15 days prior to delivery

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Quick Reference Guide (continue...)

Supplier Contact Information (2):

Contact: Christian Bartels
Address: Christian Bartels Enterprises, Inc.
P.O. Box 2119
Ceres, CA 95307
Phone: (209) 531-2338
Fax: (209) 531-9837
Email Address: cbenters@cctonline.net
Federal
Employee Tax ID #: 42-1619900
Office of Small
Business and
DVBE Certification #: 19621

Line Items Awarded: 20-22, 24-26, 30-39

Terms of Contract:

Offered Terms of
Payment: ½%, 20 days
FOB: Destination
Minimum Order: \$ 100.00
Product Price Terms: Firm Fixed
Due Date of PO to
Supplier: 15 days prior to delivery

Supplier Contact Information (3):

Contact: J. Jeff Spearstra
Address: Kellogg's Food Away From Home
545 Lamont Road
Elmhurst, IL 60126
Phone: (866) 512-2437
Fax: (877) 329-4243
Email Address: bidkelloggs@keebler.com
Federal
Employee Tax ID #: 20-329186
Office of Small
Business and
DVBE Certification #: N/A (large business)

Line Items Awarded: 6, 7, 9-19, 23, 27-29

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Quick Reference Guide (continue...)

Terms of Contract:

Offered Terms of	
Payment:	Net 45
FOB:	Destination
Minimum Order:	\$ 100.00
Product Price Terms:	Firm Fixed
Due Date of PO to	
Supplier:	15 days prior to delivery

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General Terms & Conditions

1. SCOPE

The State's contract with Adolph, Inc., Christian Bartels Enterprises, Inc., and Kellogg's Food Away From Home is to provide Cereal, Dry, Ready-To-Eat at contracted pricing to the State of California in accordance with the requirements of Contract # 1-08-89-110. The contractor shall supply the entire portfolio of products as identified in the contract and will be the primary point of contact for data collection, reporting, and distribution of Cereal, Dry, Ready-To-Eat to the State.

The contract term is for one (1) year. The State has the right to exercise the option to extend the contract for an additional one (1) year (or any portion thereof) upon mutual agreement with the contractor. Terms and conditions shall remain the same for the entire contract period including any extensions.

All contract extensions shall be time-based for the stated term and will not have limits to the amount of product quantities guaranteed during the extension term (Exception: see Pg.15, Contractors Guide No. 6).

2. CONTRACT PRICING STRUCTURE

All pricing is listed on Attachment, Cost Sheets
All contract items are mandatory; there will be no exceptions.

3. ORDERING PROCEDURE:

State departments must submit a Purchasing Authority Purchase Order (Std. 65) directly to the contractor. Agency billing code numbers are required for placement of *all* orders.

There are three ordering methods available on this contract:

- U.S. Mail
- Facsimile
- Email

When using any of the three ordering methods, all State departments must conform to proper State procedures.

Contractor Ordering Information

The ordering information for each contractor is listed in the Quick Reference Guide, Supplier Contact Information.

The contractor must receive agency Purchasing Authority Purchase Order (STD 65) and the delivery schedule 15 days prior to the requested first date of the delivery schedule. The Contractor shall then confirm with the Institution its' desired delivery schedule. All deliveries are to be made according to the requested delivery schedule or preferred one-time delivery.

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The contractor shall reject Agency's Purchasing Authority Purchase Order (STD 65) that fails to comply with the terms of the above paragraph.

Such rejected Purchasing Authority Purchase Order (STD 65) may be re-submitted for delivery the following month.

If a new contract is not in place by the first day of the expiring month of this contract, purchase orders can be submitted up to the final day of contract expiration. Quantities should be relative to regular ordering patterns. Excessive quantities will be reviewed by the State and Contractor for acceptance. The Contractor will be responsible for the deliveries on this contract up to thirty (30) days past the expiration date of the contract.

Upon receipt of a Purchase Order - Std. 65 (P.O), each Contractor is required to send a copy of each customer's submitted P.O to the contract administrator.

4. ORDER LIMITS

The minimum order shall be **\$100.00** per delivery. Orders for less than the minimum order shall be considered non-contract and may be purchased from other sources.

5. ORDER ACKNOWLEDGEMENT

The contractor shall provide the ordering agencies with an order receipt acknowledgement containing a unique order number either via e-mail or facsimile within 48 hours of receipt of order.

The acknowledgement shall include:

- Ordering Agency Name
- Purchase Order Number
- Total Cost
- Delivery Date

6. FREIGHT ON BOARD (F.O.B.) DESTINATION

All prices are F.O.B. destination; freight prepaid by the contractor, to the ordering organization's receiving point. Responsibility and liability for loss or damage for all orders will remain with the contractor until final inspection and acceptance, when all responsibility will pass to the ordering organization, except the responsibility for latent defects, fraud, and the warranty obligations.

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7. EMERGENCY/EXPEDITED ORDERS

If there is an emergency order, the contractor has the right to accept shorter delivery times, which will be subject to LESS-THAN-TRUCKLOAD (LTL) freight rates.

Contractor shall notify the ordering agency upon receipt of the order that such higher freight rates are forthcoming. Such notification shall be by telephone and confirmed in writing within 24 hours of receipt of any late order against this contract.

In addition to normal delivery schedules in all other California counties, the contractor is requested to make deliveries, during off-peak hours, only in these areas: Los Angeles County, Orange County, San Bernardino-Metropolitan area, and the San Diego-Metropolitan area. Off peak hours are 10:00 am to 4:00 pm.

8. SHIPPED ORDERS/PRESERVATION, PACKAGING & PACKING

Unless otherwise specified, preservation, packaging and packing shall be to a degree of protection to preclude damage to containers and/or contents thereof under normal shipping conditions. Handling, etc., shall conform to normal commercial practices and applicable carrier rules and regulations involving shipment from the contractor to the receiving agency for storage.

Packaging and shipping containers shall be in compliance with National Motor freight Classification and Uniform Freight Classification. (Reference www.nmfta.org for information; issue in effect at time of shipment.)

Each shipping case or shipping unit shall clearly indicate the manufacturer or contractor, a complete description including size and quantity, manufacturer's product code number (if applicable) and net weight.

All shipments must comply with General Provisions; Paragraph 12 entitled "Packing and Shipment". The General Provisions are available at:
<http://www.documents.dgs.ca.gov/pd/modellang/GPnonIT0407.pdf>

9. PALLETIZATION

All pallets employed in the delivery of goods shall be of sturdy construction and adequate condition to assure delivery of the goods without damage to the goods or safety hazards.

Exchange pallets may be available; however, the State assumes no responsibility for the availability to exchange pallets. Delivery drivers shall not remove more pallets from the institutions than delivering at time of delivery.

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10. QUALITY ASSURANCE

All products ordered shall be delivered under acceptable standard sanitary conditions and must be in the correct quantity and free of damage.

The contractor shall provide recall notification, regardless of level, in writing to the State and each institution through the most expedient method possible. The notices, at a minimum, shall include a complete product description and/or identification, contract number, delivery order number and disposition instructions. The contractor shall issue replacement of product or credit for any product removed or recalled. Each facility shall have the option of accepting either replacement product or credit in exchange for recalled/removed products.

11. INVOICING REQUIREMENTS

Ordering Agencies may require separate invoicing, as specified by each ordering organization. Invoices will contain the following information:

- Contractor's name, address and telephone number
- State's contract number
- Agency purchase order number
- Item and commodity code number
- Quantity purchased
- Contract price and extension
- State sales and/or use tax
- Prompt payment discounts/cash discounts, if applicable
- Totals for each order

The contractor shall render invoices as instructed on individual orders. Invoices shall include the order number, the contract number, the item number, the description, the unit price, the extension, and the terms for payment.

12. SPECIFICATIONS

The offered product(s) must be in accordance with the attached bid specifications:

- **8920-08BS-013 dated April 9, 2008**

All items furnished shall be latest pack on date of shipment and shall be first quality when grade is not specified.

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13. PAYMENT

Offered payment terms for this contract are as follows:

Contractor	Terms
Adolph, Inc.	½%, 10 days
Christian Bartels Enterprises, Inc.	½%, 20 days
Kellogg's Food Away From Home	Net ; 45 Days

Payment will be made in accordance with the provisions of the California Prompt Payment Act, Government Code Section 927 etc. seq. Unless expressly exempted by statute, the Act requires State departments to pay properly submitted, undisputed invoices not more than forty-five (45) days after the date of acceptance of goods, performance of services, or receipt of an undisputed invoice, whichever is later.

14. PRICES

Prices will be **firm fixed** for the duration of the contract, including any extensions.

15. FORCED, CONVICT, AND INDENTURED LABOR

No foreign-made equipment, materials, or supplies furnished to the State pursuant to this contract may be produced in whole or in part by forced labor, convict labor, or indentured labor. The contractor agrees to comply with this provision of the contract.

16. ATTACHMENTS

- Contract Pricing
- State Specification(s)
 8920-08BS-013 dated April 9, 2008
- Nutritional Facts

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Agency/Users Guide

1. CONTRACT USAGE/RULES

- A. The use of this contract is mandatory for all State agencies participating in this contract.
- B. Ordering State departments must adhere to all applicable State laws, regulations, policies, best practices, and purchasing authority requirements, e.g. California Codes, Code of Regulations, State Administrative Manual, Management Memos, and State Contract Manual Volume 2 and 3, as applicable.
- C. Prior to placing orders against this contract, State departments must have been granted purchasing authority by the Department of General Services, Procurement division (DGS/PD) for the use of the State's statewide contracts. The department's current purchasing authority number must be entered in the appropriate location on each purchase document. Departments that have not been granted purchasing authority by DGS/PD for the use of the State's statewide contracts may access the Purchasing Authority Application at <http://www.pd.dgs.ca.gov/deleg/pamannual.htm> or may contact DGS/PD's Purchasing Authority Management Section by e-mail at pams@dgs.ca.gov.
- D. State departments are required to have a Department of General Services (DGS) agency billing code prior to using this contract. DGS agency billing codes may be obtained by contacting the DGS billing code contact and providing the following:
- State Department Name
 - Contact name
 - Telephone number
 - Mailing address
 - Facsimile number and e-mail address

Email the required information to the following DGS billing code contacts:

- Marilyn.ebert@dgs.ca.gov and
- Wilson.lee@dgs.ca.gov

2. DGS ADMINISTRATIVE FEES

The DGS will bill each State department an administrative fee for use of this statewide contract. The administrative fee should NOT be included in the order total, nor remitted before an invoice is received from DGS. (For current fees you may click on "DGS Price Book" at: <http://www.ofs.dgs.ca.gov/Price+Book/P/Purchasing.htm>.)

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3. PROBLEM RESOLUTION

The first step in problem resolution is to call the contractor(s) directly. Ordering agencies with unresolved issues should immediately notify the State's contract administrator for resolution. Agency must submit a completed Contractor Performance Report to the contract administrator within 3 days of occurrence.

4. PURCHASE EXECUTION

A. State departments must use the Purchasing Authority Purchase Order (Std. 65). An electronic version of the Std. 65 is available at the Office of State Publishing web site:

<http://www.dgs.ca.gov/osp> (select Standard Forms).

B. All State agencies will submit a copy of any executed purchase order(s) documents to:

DGS/Procurement Division (IMS# Z-1)
Attn: Data Entry Unit, Second Floor, MS 203
707 Third Street, 2nd Floor North
West Sacramento, CA 95605-2811

5. PAYEE DATA RECORD

Each State accounting office must have a copy of the Payee Data Record (Std. 204) in order to process payments. Agencies should forward a copy of the Std. 204 to their accounting office(s). Without the Std. 204, payment may be unnecessarily delayed. Copies of the awardees Payee Data Records are on file. Should an agency need a copy, please contact the contract administrator for this contract.

The Federal Employee ID numbers are listed below:

Contractor Name	Federal Employee ID Number
Adolph, Inc.	54-2122532
Christian Bartels Enterprises, Inc.	42-1619900
Kellogg's Food Away From Home	20-329186

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6. SMALL BUSINESS CERTIFICATION

The small business (SB) certification(s) is listed below. Agencies can verify that the certifications are currently valid at the following website: <http://www.pd.dgs.ca.gov/smbus/default.htm>.

Contractor Name	OSDS Certification #
Adolph, Inc.	34872
Christian Bartels Enterprises, Inc.	19621

7. AGENCY NOTE: DRUG-FREE WORKPLACE CERTIFICATION

The contractor certified under penalty of perjury under the laws of the State of California that the Contractor(s) will comply with the requirements of the Drug-Free Workplace Act of 1990 (Government Code Section 8350 et seq.) and will provide a drug-free workplace by taking the actions required of Government Code Section 8355(a), (b), and (c).

Based on the above, when ordering against this contract, using agencies are not required to have the Contractor(s) submit a Drug-Free Workplace Certificate.

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1. DELIVERY INSTRUCTIONS

It shall be the contractor's responsibility to obtain proper clearance for delivery drivers prior to any and all deliveries throughout the California State Prison system. The contractor must contact the individual agency for specific clearance procedures, as these procedures may vary from facility to facility.

2. DELIVERY TIMELINES

This contract will be separate from any other contract. Deliveries required from this contract shall NOT be withheld due to the unavailability of goods for delivery under any other contract. Failure to deliver goods in strict conformance with the terms and conditions of this contract will incur default action as provided for under Section 26 of the General Provisions. This includes timeliness of deliveries and quality levels of items received.

NOTE: Holding orders for full truckloads is not acceptable. If your company is found doing so, without authorization from the institution(s) being delivered to, your company can be found in default of the contract.

3. CONTRACTOR REPORTING REQUIREMENTS

The supplier is required to submit a detailed usage report every three (3) months commencing from the date of award to the Procurement Division, Food Acquisitions Unit. A sample of this report is attached in Section VII, Forms & Attachments, and Attachment 1. These reports will be due on the 5th day of the month report is due. The report must be done in the State's Excel spreadsheet form, and submitted to the contract administrator by disk or by email. This report must be done per order, per commodity, per institution. This report is to include:

1. Agency Name
2. Purchase Order Number
3. Purchase Order Date
4. Agency Billing Code
5. Line Item Number & Description
6. Quantity Ordered
7. Contract Cost Per Unit
8. Total Cost Line Item

In addition, you must total each PO, each Institution, and a grand total for the complete quarter. Invoice copies or list of purchase orders will not fulfill this requirement.

The State's form must be used. Upon award, a copy of this spreadsheet will be emailed to the awardee(s).

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In addition, a quarterly overview report is required utilizing the same reporting forms. Invoice copies or list of purchase orders will not fulfill this requirement. This report shall be submitted to the Contract Administrator quarterly, commencing on the 15th day of the proceeding quarter.

In addition, a quarterly overview report is required utilizing the same reporting forms. Invoice copies or list of purchase orders will not fulfill this requirement. This report shall be submitted to the State quarterly, commencing on the 15th day of the proceeding quarter to the Procurement Division, Food Acquisitions Unit.

4. 30-DAY TERMINATION

The State may terminate this contract for convenience upon thirty (30) days written notice. Upon termination or other expiration of this contract, each party will assist the other party in an orderly termination of the contract, as to facilitate the orderly, non-disrupted business continuation of each party.

5. QUANTITY

Quantities shown for each line item are estimated and are the anticipated purchasing pattern. Actual purchases may vary from this pattern. The State will not be obligated to purchase contractors' excess inventory of any line item if actual purchases vary from the anticipated purchasing pattern. The State may purchase these items from other than the contractor in the event of an emergency.

6. CONTRACT DOLLAR VALUE

If the contract dollar value plus 40% is expended before the expiration date, the contractor shall notify the State contract administrator immediately. The contractor is responsible for providing a written notification along with providing all usage reports for justification. The contract shall include a statement of intention to either continue or terminate the contract. The contractor may continue to accept orders until the State returns a written decision of the disposition of the contract. At that time, the contract may be terminated by either party or, by mutual agreement, be allowed to continue until the expiration date or such other date mutually agreed upon.

The contractor shall refuse to accept any orders after a date set for termination, and the state may disclaim liability for any purchases made after such date. The total dollar value of this contract is subject to a variance. If the expiration date occurs before the contract dollar value less 20% is expended, the contract may be extended, upon mutual State and Contractor's agreement, until the minimum dollar value is reached.

The State shall be excused from purchasing the minimum contract quantities to the extent that such reduced requirements are caused by closure of State facilities, cancellation, or reduction of State programs or lack of appropriations.

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7. MODIFICATION OF CONTRACT

Delivery sites may be added or deleted as deemed necessary by DGS' Procurement Division.

At the discretion of the State, any contract may be modified in whole or in part upon mutual agreement of both parties. Such modifications shall be in writing, signed and dated by an authorized representative of each party.

8. EMERGENCY EXTENSION OPTION

In the event of an emergency, the State upon mutual agreement with the contractor may extend the contract for up to one (1) additional year beyond the stated term and any noted extensions. Extensions during this period may occur in various increments until the establishment of a new contract (the total of the Emergency extension(s) terms shall not exceed one (1) additional year). All original Terms and Conditions shall remain the same during the extensions. Emergency Extension option may be exercised in the event that a replacement contract cannot be established due to the protest of Intent to Award, loss of key State procurement staff, or other circumstance that would otherwise cause an unanticipated disruption in the State contracting process.

**Contract (Mandatory) 1-08-89-110
Cost Sheets**

Group I – Individual Box

Item	Unit	Commodity #	Description	Price
Adolph, Inc.				
(1)	CS	8920-914-0556-0	Corn Flakes/Toasties	\$ 14.16
		Manufacturer:	Weetabix Food Co.	
		Brand Offered:	Corn Flakes	
		Product Code:	108759 Boxes/Case: 70	
Adolph, Inc.				
(2)	CS	8920-914-0557-1	Rice Krispies/Toasties	\$ 14.16
		Manufacturer:	Weetabix Food Co.	
		Brand Offered:	Crisp Rice	
		Product Code:	200653 Boxes/Case: 70	
Adolph, Inc.				
(3)	CS	8920-914-0558-3	Bran Flakes	\$ 17.65
		Manufacturer:	Weetabix Food Co.	
		Brand Offered:	Bran Flakes	
		Product Code:	400753 Boxes/Case: 70	
Adolph, Inc.				
(4)	CS	8920-914-0559-5	Raisin Bran	\$ 17.65
		Manufacturer:	Weetabix Food Co.	
		Brand Offered:	Raisin Bran	
		Product Code:	500453 Boxes/Case: 70	
Adolph, Inc.				
(5)	CS	8920-914-0561-3	Frosted Sparkled Flakes	\$ 17.65
		Manufacturer:	Weetabix Food Co.	
		Brand Offered:	Sparkled Frosted Flakes	
		Product Code:	110853 Boxes/Case: 70	
Kellogg's Food Away From Home				
(6)	CS	8920-914-0562-5	Froot Loops/Fruity Pebbles	\$ 18.99
		Manufacturer:	Kellogg's	
		Brand Offered:	Fruit Loops	
		Product Code:	21973 Boxes/Case: 70	

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Group I – Individual Box (continue)

Item	Unit	Commodity #	Description	Price
Kellogg's Food Away From Home (7)	CS	8920-914-0564-9	Wheat Flakes	\$ 18.50
		Manufacturer:	Kellogg's	
		Brand Offered:	Complete Wheat Bran Flakes	
		Product Code:	21937 Boxes/Case: 70	
Adolph, Inc. (8)	CS	8920-914-0565-0	Cheerios/KO's	\$ 17.65
		Manufacturer:	Weetabix Food Co.	
		Brand Offered:	Toasted Oats	
		Product Code:	940753 Boxes/Case: 70	
Kellogg's Food Away From Home (9)	CS	8920-914-0566-2	Total/Product 19	\$ 19.48
		Manufacturer:	Kellogg's	
		Brand Offered:	Product 19	
		Product Code:	21977 Boxes/Case: 70	
Kellogg's Food Away From Home (10)	CS	8920-914-0573-0	Sugar Corn Pops	\$ 19.44
		Manufacturer:	Kellogg's	
		Brand Offered:	Corn Pops	
		Product Code:	21946 Boxes/Case: 70	
Kellogg's Food Away From Home (11)	CS	8920-914-0574-1	All Bran	\$ 19.73
		Manufacturer:	Kellogg's	
		Brand Offered:	All Bran	
		Product Code:	21960 Boxes/Case: 70	
Kellogg's Food Away From Home (12)	CS	8920-914-0575-3	Special K	\$ 19.48
		Manufacturer:	Kellogg's	
		Brand Offered:	Special K	
		Product Code:	21968 Boxes/Case: 70	

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Group I – Individual Box (continue)

Item	Unit	Commodity #	Description	Price
Kellogg's Food Away From Home (13)	CS	8920-914-0580-7	Shredded Mini Wheat	\$ 19.55
		Manufacturer:	Kellogg's	
		Brand Offered:	Shredded Mini Wheat	
		Product Code:	21982	Boxes/Case: 70
Kellogg's Food Away From Home (14)	CS	8920-914-0581-9	Apple Jacks	\$ 17.94
		Manufacturer:	Kellogg's	
		Brand Offered:	Apple Jacks	
		Product Code:	21984	Boxes/Case: 70
Kellogg's Food Away From Home (15)	CS	8920-914-0672-1	Granola Toasted Oats	\$ 22.65
		Manufacturer:	Kellogg's	
		Brand Offered:	Low Fat Granola	
		Product Code:	22013	Boxes/Case: 70
Kellogg's Food Away From Home (16)	CS	8920-914-0583-2	Corn Flakes, Low Sodium	\$ 17.52
		Manufacturer:	Kellogg's	
		Brand Offered:	Corn Flakes	
		Product Code:	21928	Boxes/Case: 70

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Cost Sheets**

Group II – Individual Bowl

Item	Unit	Commodity #	Description	Price
Kellogg's Food Away From Home (17)	CS	8920-914-0643-5	Corn Flakes/Toasties	\$ 12.25
		Manufacturer:	Kellogg's	
		Brand Offered:	Corn Flakes	
		Product Code:	00196 Bowls/Case: 96	
Kellogg's Food Away From Home (18)	CS	8920-914-0644-7	Rice Krispies/Toasties	\$ 12.63
		Manufacturer:	Kellogg's	
		Brand Offered:	Rice Krispies	
		Product Code:	00596 Bowls/Case: 96	
Kellogg's Food Away From Home (19)	CS	8920-914-0645-9	Bran Flakes	\$ 13.21
		Manufacturer:	Kellogg's	
		Brand Offered:	Complete Bran Flakes	
		Product Code:	00696 Bowls/Case: 96	
Christian Bartels Enterprises, Inc. (20)	CS	8920-914-0646-0	Raisin Bran	\$ 18.14
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Raisin Bran	
		Product Code:	76192 Bowls/Case: 96	
Christian Bartels Enterprises, Inc. (21)	CS	8920-914-0648-4	Cheerios	\$ 18.14
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Toasted Oats	
		Product Code:	76193 Bowls/Case: 96	
Christian Bartels Enterprises, Inc. (22)	CS	8920-914-0649-6	Kix	\$ 17.62
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Corn Puffs	
		Product Code:	76203 Bowls/Case: 96	

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Cost Sheets

Group II – Individual Bowl (continue...)

Item	Unit	Commodity #	Description	Price
Kellogg's Food Away From Home (23)	CS	8920-914-0653-8	Special K	\$ 20.06
		Manufacturer:	Kellogg's	
		Brand Offered:	Special K	
		Product Code:	01696	Bowls/Case: 96
Christian Bartels Enterprises, Inc. (24)	CS	8920-914-0654-0	Apple Jacks	\$ 17.72
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Apple Whirls	
		Product Code:	76202	Bowls/Case: 96
Christian Bartels Enterprises, Inc. (25)	CS	8920-914-0669-1	Honey Nut Cheerios	\$ 16.88
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Honey Nut Toasted Oats	
		Product Code:	76198	Bowls/Case: 96
Christian Bartels Enterprises, Inc. (26)	CS	8920-000-0103-1	Apple Cinnamon Cheerios	\$ 17.93
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Apple Cinnamon Toasted Oats	
		Product Code:	76197	Bowls/Case: 96

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Cost Sheets

Group III – Variety Pack, Individual

Item	Unit	Commodity #	Description	Price
Kellogg's Food Away From Home (27)	CS	8920-000-0154-7	Special Assortment	\$ 22.35

18 – Kellogg's Corn Flakes
12 - Kellogg's Foot Loops
12 – Kellogg's Frosted Mini Wheats
12 – Kellogg's Apple Jacks
12 – Kellogg's Corn Pops
6 – Kellogg's Smacks

Manufacturer: Kellogg's

Brand Offered: Kellogg's Product Code: 22055

Boxes Per Case: 72

Kellogg's Food Away From Home (28)	CS	8920-000-0155-9	Family Assortment	\$ 23.44
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16 – Kellogg's Corn Flakes
16 - Kellogg's Rice Krispies
16 – Kellogg's Raisin Bran
16 – Kellogg's Frosted Flakes
16 – Kellogg's Froot Loops
16 – Kellogg's Frosted Mini-Wheats

Manufacturer: Kellogg's

Brand Offered: Kellogg's Product Code: 07338

Boxes Per Case: 96

Contract (Mandatory) 1-08-89-110
Cost Sheets

Group IV – Multiple Bulk Bag

Item	Unit	Commodity #	Description	Price
Kellogg's Food Away From Home				
(29)	CS	8920-914-0636-8	Corn Flakes Bulk Pack	\$ 9.98
		Manufacturer:	Kellogg's	
		Brand Offered:	Corn Flakes Product Code: 00191	
		Packs Per Case:	4 Ounces Per Pack: 26 ounces	
Christian Bartels Enterprises, Inc.				
(30)	CS	8920-914-0667-0	Cheerios/Toasty O's	\$ 15.00
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Toasted Oat Cereal	
		Product Code:	76244	
		Packs Per Case:	4 Ounces Per Pack: 35 ounces	
Christian Bartels Enterprises, Inc.				
(31)	CS	8920-914-0641-1	Rice Krispies/Crispy Rice	\$ 15.00
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Crisp Rice	
		Product Code:	76242	
		Packs Per Case:	4 Ounces Per Pack: 35 ounces	
Christian Bartels Enterprises, Inc.				
(32)	CS	8920-914-0642-3	Bran Flakes	\$ 16.11
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	Hospitality, Bran Flakes	
		Product Code:	76241	
		Packs Per Case:	4 Ounces Per Pack: 35 ounces	

Contract (Mandatory) 1-08-89-110
Cost Sheets

Group V – Super Bulk Bag

Item	Unit	Commodity #	Description	Price
Christian Bartels Enterprises, Inc.				
(33)	CS	8920-999-9998-8	Corn Flakes	\$ 18.54
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	GML, Corn Flakes	Product Code: 78530
		Packs Per Case:	1	Ounces Per Pack: 320
Christian Bartels Enterprises, Inc.				
(34)	CS	8920-999-9998-8	Frosted Corn Flakes	\$ 22.42
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	GML, Sugar Frosted Flakes	
		Product Code:	78547	
		Packs Per Case:	1	Ounces Per Pack: 320
Christian Bartels Enterprises, Inc.				
(35)	CS	8920-999-9998-8	Cheerios/Crispy Oats Round	\$ 24.89
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	GML, Toasted Oat Cereal	
		Product Code:	78534	
		Packs Per Case:	1	Ounces Per Pack: 320
Christian Bartels Enterprises, Inc.				
(36)	CS	8920-999-9998-8	Froot Loops/Fruity Oat Rounds	\$ 23.89
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	GML, Sugar Frosted Flakes	
		Product Code:	78547	
		Packs Per Case:	1	Ounces Per Pack: 320
Christian Bartels Enterprises, Inc.				
(37)	CS	8920-999-9998-8	Cocoa Puffs/Cocoa Bursts	\$ 23.89
		Manufacturer:	Gilster Mary Lee	
		Brand Offered:	GML, Cocoa Munchies	
		Product Code:	78537	
		Packs Per Case:	1	Ounces Per Pack: 320

Contract (Mandatory) 1-08-89-110
Cost Sheets

Group VI – Super Bulk Bag (continue...)

Item	Unit	Commodity #	Description	Price
Christian Bartels Enterprises, Inc. (38)	CS	8920-999-9998-8	Rice Krispies/Toasted Crispy Rice	\$ 22.84

Manufacturer: Gilster Mary Lee

Brand Offered: GML, Crisp Rice

Product Code: 78532

Packs Per Case: 1

Ounces Per Pack: 320

Christian Bartels Enterprises, Inc. (39)	CS	8920-999-9998-8	Bran Flakes	\$ 24.89
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Manufacturer: Gilster Mary Lee

Brand Offered: GML, Bran Flakes

Product Code: 78531

Packs Per Case: 1

Ounces Per Pack: 320



STATE OF CALIFORNIA

Bid Specification

8920-08BS-013

Cereal, Ready-To-Eat Individual, Retail & Bulk

1.0 SCOPE

This bid specification identifies requirements for ready-to-eat cereal packed in acceptable containers suitable for use by State of California Institutions.

2.0 REGULATORY REQUIREMENTS

- 2.1 The products shall comply with all applicable Federal & State mandatory requirements and regulations relating to the preparation, packaging, labeling, storage, distribution, and sales of the product within the commercial marketplace.
- 2.2 The products shall be prepared in accordance with the 21 CFR §110, Current Good Manufacturing Practice in Manufacturing, Packing, or Holding Human Food.
- 2.3 The products shall comply with the provisions of the Federal Food, Drug, and Cosmetic Act and regulations promulgated thereunder.

3.0 REQUIREMENTS

- 3.1 The ready-to-eat cereal shall be of good characteristic taste and odor and shall be free from rancid, musty, sour, and other undesirable tastes and odors.
- 3.2 There shall be no evidence of foreign material in the ready-to-eat cereal.
- 3.3 The ready-to-eat cereal shall be manufactured not more than 90 days prior to delivery.
- 3.4 The cereal shall be available in the following groups:
 - **Group I:** Individual Servings Box Product (70-72 boxes/case)
 - **Group II:** Individual Servings Bowl Product (96 bowls/case)
 - **Group III:** Variety Packs (box and bowl) Individual Servings
 - **Group IV:** Retail Pack Boxes
 - **Group V:** Multiple Bags Bulk
 - **Group VI:** Single Bag, Super Bulk

4.0 REFERENCE BRANDS LISTS

- 4.1 The products contained in the following tables have been found to be acceptable in quality & meet the requirements of this specification.
- 4.2 Alternative products offered shall be comparable to the reference brands.
- 4.3 A sensory panel will determine final acceptability of low bid alternative product(s).
- 4.4 Items furnished shall be identical in all respects to that item originally submitted & evaluated for acceptance.

Group I - Box Individual Cereals	Reference Brand Manufacturer/Product Name & Code
Corn Flakes/Toasties	Kellogg's/Kellogg's - Corn Flakes – 21928 Weatabix/Quaker – 108753 , 108759
Rice Krispies/Toasties	Kellogg's/Kellogg's - Rice Krispies – 21933 Weatabix/Quaker - 200653
Bran Flakes	Kellogg's/Kellogg's Complete Wheat Bran Flakes – 21937 Weatabix/Quaker - 400753
Raisin Bran	Kellogg's/Kellogg's - Raisin Bran – 21942 Weatabix/Quaker - 500453
Frosted Sparkled Flakes	Kellogg's/Kellogg's - Frosted Flakes – 21962 Weatabix/Quaker - 110853
Froot Loops/Fruity Pebbles	Kellogg's/Kellogg's - Froot Loops - 21973
Cheerios/KO's	Kellogg's/Kellogg's - Cruncheroos – 21979 Weatabix/Quaker – 740763 , 940753
Total	Kellogg's/Kellogg's - All Bran - 21960
Sugar Corn Pops	Kellogg's/Kellogg's - Corn Pops - 21946
All Bran	Kellogg's/Kellogg's - All Bran - 21960
Special K	Kellogg's/Kellogg's - Special K - 21968
Product 19	Kellogg's/Kellogg's - Product 19 - 21977
Shredded Wheat Miniatures	Kellogg's/Kellogg's - Shredded Wheat - 21982
Apple Jacks	Kellogg's/Kellogg's - Apple Jacks - 21984
Corn Flakes Low Sodium	Kellogg's/Kellogg's - 21928
Granola (Toasted Oat Mixture)	Kellogg's/Kellogg's - Low Fat Granola w/raisin - 22013

Group II - Bowl Individual Cereals	Reference Brand Manufacturer/Product Name & Code
Corn Flakes Toasties	Kellogg's/Kellogg's - Corn Flakes – 00196 Malt-O-Meal/GML/Hospitality – 00615 GML*/Hospitality - 76190
Rice Krispies Toasties	Kellogg's/Kellogg's - Rice Krispies – 00596 Malt-O-Meal/Crispy Rice – 00542 GML/Hospitality - 76195
Bran Flakes	Kellogg's/Kellogg's - Complete Wheat Bran – 00696 GML/Hospitality - 76191
Wheat Flakes	Kellogg's/Kellogg's - 00696
Raisin Bran	Kellogg's/Kellogg's - Raisin Bran – 00896 Malt-O-Meal/Raisin Bran – 00715 GML/Hospitality - 76192
Cheerios	Kellogg's/Kellogg's - Cruncheroos – 02296 Malt-O-Meal/Toastie O's – 00394 GML/Hospitality - 76193
Kix	GML/Hospitality - 76203
Honey Crunch Corn Flakes	Kellogg's/Kellogg's - Honey Crunch Corn Flakes - 16896
Special K	Kellogg's/Kellogg's - Special K - 01696
Apple Jacks	Kellogg's/Kellogg's - Apple Jacks – 02996 Malt-O-Meal/Apple Zingers – 03815 GML/Hospitality - 76202
Honey Nut Cheerios	Malt-O-Meal/Honey Nut Toastie O's – 00951 GML/Hospitality - 76198
Apple Cinnamon Cheerios	GML/Hospitality - 76197

* Gilster Mary Lee

Group III – Variety Pack, Individual			
Type	Brand/Product Code	Quantity/Case	Contents
Special Assortment	Kellogg's - 22057	72 boxes/case	18 – Corn Flakes 12 – Froot Loops 12 – Frosted Mini Wheats 12 – Apple Jacks 12 – Corn Pops 6 – Smacks
Family Assortment	Kellogg's – 07337 Kellogg's – 07332	96 bowls/case	16 – Corn Flakes 16 – Frosted Flakes 16 – Froot Loops 16 – Frosted Mini Wheats 16 – Rice Krispies 16 – Raisin Bran
Single Pack Assortment	General Mills -	70 boxes/case	14 – Lucky Charm 14 – Cinnamon Toast Crunch 14 – Honey Nut Cheerios 7 – Cheerios 7 – Cocoa Puffs 7 – Golden Graham 7 – Trix
Family Assorted Pak	General Mills -	84 boxes/case	14 – Cheerios 14 – Total 14 – Raisin Bran 7 – Lucky Charm 7 – Whole Grain Total 7 – Honey Nut Cheerios 7 – Frosted Wheaties 7 – Golden Grahams 7 – Country Corn Flakes
Assorted Bowl Pak	General Mills -	96 bowls/case	16 – Cinnamon Toast Crunch 16 – Lucky Charms 16 – Honey Nut Cheerios 8 – Golden Grahams 8 – Trix 8 – Cheerios 8 – Cocoa Puffs 8 – Wheaties Raisin Bran 8 – Whole Grain Total

Group IV – Retail Pack Cereals	Reference Brand Manufacturer/Product Name & Code
Corn Flakes Toasties	Ralston/Ralston - 30122
Frosted/Sparkled Flakes	Ralston/Ralston - 30135
Froot Loops/Fruity Pebbles	Ralston/Ralston - 16984
Cocoa Krispies/Pebbles	Malt-O-Meal/Malt-O-Meal - 4400
Wheat Flakes	Ralston/Ralston - 25276
Cheerios	Ralston/Ralston - 19813
Golden Grahams	Malt-O-Meal/Honey Graham - 04517
Honeycomb	Malt-O-Meal/Honey Buzzers - 03817
Sugar Corn Pops	Malt-O-Meal/Corn Bursts - 01863
Special K	Kellogg's/Special K – 01622 , 01613
Product 19	Kellogg's/Product 19 - 01925
Rice Chex	Ralston/Ralston - 03512
Apple Jacks	Ralston/Ralston - 19839
Apple Cinnamon Cheerios	Ralston/Ralston - 19745
Nutri-Grain Wheat & Raisins	

Group V – Mult. Bags Bulk Cereals	Reference Brand Manufacturer/Product Name & Code
Corn Flakes	GML/Hospitality - 76240
Cheerios/Toasty O's	GML/Hospitality - 76244
Wheat Flakes	GML/Hospitality - 76259
Rice Krispies/Crisp Rice	GML/Hospitality - 76242
Bran Flakes	GML/Hospitality - 76241

Group VI – Single Bag Bulk Cereals	Reference Brand Manufacturer/Product Name & Code
Corn Flakes	GML/Good Blossom – 31030 GML/GML - 78530
Frosted Corn Flakes	GML/GML – 78547
Cheerios/Crispy Oat Rounds	GML/GML - 78534
Fruit Loops/Fruity Oat Rounds	GML/Good Blossom - 31037 GML/GML - 78537
Coacoa Puffs/Cocoa Burst	GML/Good Blossom - 31036 GML/GML - 78537
Rice Krispies/Toasted Crispy Rice	GML/GML – 78535 GML/GML - 78532
Bran Flakes	GML/GML - 78531

THE WEETABIX COMPANY, INC.

Product Code # 108759

NPN-05

Net Wt. 3/4 oz (21g)

PRODUCT NAME: CORN FLAKES – Individual Serving (Z-Size)

NUTRITION FACTS

Serving Size: 1 box (21g, 5/8 oz.)

Cereal with
1/2 Cup Vitamin
A & D Fortified
Skim Milk

Amount per Serving	Cereal	
Calories	80	120
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	1%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 220 mg	9%	12%
Potassium 30mg	1%	7%
Total Carbohydrate 18g	6%	8%
Dietary Fiber 0g	0%	0%
Sugars 2g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	15%	15%
Calcium	0%	15%
Iron	15%	15%
Vitamin D	6%	20%
Thiamin	15%	15%
Riboflavin	15%	25%
Niacin	15%	15%
Vitamin B6	15%	15%
Folic Acid	15%	15%
Vitamin B12	15%	20%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Milled corn, sugar, salt, malt, corn syrup.

VITAMINS AND IRON: Ascorbic acid (vitamin C), ferric orthophosphate (iron source), vitamin A palmitate, niacinamide (a B vitamin), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), folic acid (a B vitamin), cyanocobalamin (vitamin B12), vitamin D. BHT added to packaging material to help preserve freshness.

Distributed By:
The Weetabix Company, Inc.
20 Cameron Street
Clinton, MA 01510

When corresponding please include date code information from box.

Revised: 2-17-05 (added trans fat)

THE WEETABIX COMPANY, INC.

Product Code # 200653

NPN-110

Net Wt. 3/4 oz. (21g)

PRODUCT NAME: CRISP RICE – Individual Serving Z-Size

NUTRITION FACTS

Serving Size: 1 Box (21g; 3/4 oz.)

Cereal with
1/2 Cup Vitamin
A & D Fortified
Skim Milk

Amount per Serving	Cereal	
Calories	80	120
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	1%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 190 mg	8%	11%
Potassium 20mg	1%	8%
Total Carbohydrate 19g	6%	8%
Dietary Fiber 0g	0%	0%
Sugars 2g		
Protein 1g		
Vitamin A	10%	15%
Vitamin C	15%	15%
Calcium	0%	15%
Iron	30%	30%
Vitamin D	6%	20%
Thiamin	20%	20%
Riboflavin	20%	30%
Niacin	20%	20%
Vitamin B6	15%	15%
Folic Acid	20%	20%
Vitamin B12	20%	25%
Phosphorus	2%	10%
Magnesium	2%	6%
Zinc	2%	2%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Milled rice, sugar, salt, corn syrup, malt.

VITAMINS AND MINERALS: Ferric orthophosphate (iron source), ascorbic acid (vitamin C), niacinamide (a B vitamin), vitamin A palmitate, cyanocobalamin (vitamin B12), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), folic acid (a B vitamin), vitamin D. BHT added to package to preserve freshness.

Distributed By:

The Weetabix Company, Inc.
20 Cameron Street
Clinton, MA 01510

Revised: 2-17-05 (added trans fat)

Product Code # 400753

NPN-220

THE WEETABIX COMPANY, INC.

Net Wt. 1 1/4 oz. (35g)

PRODUCT NAME: BRAN FLAKES - Individual Serving (Z-Size)

NUTRITION FACTS

Serving Size: 1 Box (35g; 1 1/4 oz.)

Amount per Serving	Cereal	Cereal with 1/2 Cup Vitamin A & D Fortified Skim Milk
Calories	110	150
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0.5 g*	1%	1%
Saturated Fat 0 g	0%	1%
Trans Fat 0g		
Cholesterol 0 mg	0%	1%
Sodium 250 mg	10%	12%
Potassium 140 mg	4%	10%
Total Carbohydrate 26 g	8%	10%
Dietary Fiber 5 g	20%	20%
Sugars 6 g		
Protein 3 g		
Vitamin A	40%	45%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	50%	50%
Vitamin D	10%	25%
Vitamin E	25%	25%
Thiamin	25%	25%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	30%
Phosphorous	10%	20%
Magnesium	10%	15%
Zinc	25%	25%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9

Carbohydrate 4

Protein 4

THE WEETABIX COMPANY, INC.

Product Code # 500453

NPN-214

Net Wt. 1 1/3 oz (38g)

PRODUCT NAME: RAISIN BRAN - Individual Serving Z-Size

NUTRITION FACTS

Serving Size: 1 Box (38g; 1 1/3 oz)

Cereal with
1/2 Cup Vitamin
A & D Fortified
Skim Milk

Amount per Serving	Cereal	
Calories	120	160
Calories from Fat	10	10
% Daily Value**		
Total Fat 1g*	1%	1%
Saturated Fat 0g	0%	1%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 210 mg	9%	12%
Total Carbohydrate 30g	10%	12%
Dietary Fiber 4g	16%	16%
Sugars 11g		
Protein 3g		
Vitamin A	25%	30%
Vitamin C	0%	0%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folic Acid	25%	25%
Vitamin B12	25%	35%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Wheat bran, raisins, sugar, high fructose corn syrup, salt, malt

VITAMINS AND MINERALS: Ferric orthophosphate, ascorbic acid, vitamin A palmitate, niacinamide, pyridoxine hydrochloride, riboflavin, thiamin mononitrate, folic acid, cyanocobalamin, vitamin D. BHT added to package to preserve freshness.

Distributed By:

The Weetabix Company, Inc.
20 Cameron Street
Clinton, MA 01510

10-23-01 Formula Revised Heavy Bran
Revised: 2-16-05 (added trans fat)

THE WEETABIX COMPANY, INC.

Product Code # 110853

NPN-13

Net Wt. 1 oz. (28g)

PRODUCT NAME: SUGAR FROSTED FLAKES w/50% USRDI of Selected B Vitamins
Individual Serving Z-Size

NUTRITION FACTS

Serving Size: 1 Box (28g; 1 oz.)

Cereal with
½ Cup Vitamin
A & D Fortified
Skim Milk

Amount per Serving	Cereal	
Calories	110	150
Calories from Fat	0	0
% Daily Value**		
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	1%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 200 mg	8%	11%
Potassium 25 mg	1%	7%
Total Carbohydrate 26g	9%	11%
Dietary Fiber 0g	0%	0%
Sugars 11g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	50%	50%
Riboflavin	50%	60%
Niacin	50%	50%
Vitamin B6	50%	50%
Folic Acid	25%	25%
Vitamin B12	25%	30%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 Carbohydrate 4 Protein 4

INGREDIENTS: Milled corn, sugar, salt, malt, corn syrup.

VITAMINS AND MINERALS: Sodium ascorbate (vitamin C), ferric orthophosphate (iron source), niacinamide (vitamin B3), vitamin A palmitate, cyanocobalamin (vitamin B12), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), cholecalciferol (vitamin D), folic acid (a B vitamin). BHT added to packaging material to help preserve freshness.

Distributed By:
The Weetabix Company, Inc.
20 Cameron Street
Clinton, MA 01510

Kellogg's Frosted Flakes®

Nutrition Facts	
Serving Size 1 Box (34g)	
Amount/Serving	
Calories	130
Calories from Fat	0
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carb. 31g	10%
Fiber 1g	4%
Sugars 13g	
Protein 1g	
Vitamin A 10% • Vitamin C 10%	
Calcium 0% • Iron 25%	
Vitamin D 10% • Thiamin 25%	
Riboflavin 25% • Niacin 25%	
Vitamin B ₆ 25% • Folic Acid 25%	
Vitamin B ₁₂ 25%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

Ingredients: Milled corn, sugar, malt flavoring, high fructose corn syrup, salt, sodium ascorbate and ascorbic acid (vitamin C), niacinamide, iron, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), vitamin A palmitate, folic acid, BHT (preservative), vitamin B₁₂ and vitamin D.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 2 Carbohydrates
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

SKU#
38000 -
21962
Part of Assortment

38000 -
22055

Kellogg's® Complete® Wheat Bran Flakes

Nutrition Facts	
Serving Size 1 Box (32g)	
Amount/Serving	
Calories	100
Calories from Fat	5
% DV*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carb. 25g	8%
Dietary Fiber 5g	20%
Sugars 6g	
Protein 3g	
Vitamin A 15% • Vitamin C 110%	
Calcium 0% • Iron 110%	
Vitamin D 10% • Vitamin E 110%	
Thiamin 110% • Riboflavin 110%	
Niacin 110% • Vitamin B ₆ 110%	
Folic Acid 110% • Vitamin B ₁₂ 110%	
Phosphorus 15% • Pantothenate 110%	
Magnesium 10% • Zinc 110%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

3KW#
38000 -
21937

Ingredients: Whole wheat, wheat bran, sugar, high fructose corn syrup, salt, malt flavoring, sodium ascorbate and ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), niacinamide, zinc oxide, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), BHT (preservative), vitamin A palmitate, folic acid, vitamin B₁₂, and vitamin D.

CONTAINS WHEAT INGREDIENTS.

Exchange: 1½ Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc.

Product Code # 940753

NPN-323

THE WEETABIX COMPANY, INC.

Net Wt. 3/4 oz. (21g)

PRODUCT NAME: TOASTED OATS - Individual Serving Z-size

NUTRITION FACTS

Serving Size: 1 Box (21g; 3/4 oz.)

Cereal with
1/2 Cup Vitamin
A & D Fortified
Skim Milk

Amount per Serving	Cereal	
Calories	80	120
Calories from Fat	10	10
	% Daily Value**	
Total Fat 1g*	2%	2%
Saturated Fat 0g	0%	1%
Polyunsaturated 0.5g		
Monounsaturated 0.5g		
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 210 mg	9%	12%
Potassium 45 mg	1%	7%
Total Carbohydrate 16g	5%	7%
Dietary Fiber 2g	8%	8%
Soluble Fiber <1g		
Sugars <1g		
Other Carbohydrate 13g		
Protein 2g		
Vitamin A	6%	10%
Vitamin C	6%	6%
Calcium	2%	15%
Iron	30%	30%
Vitamin D	6%	20%
Thiamin	15%	15%
Riboflavin	15%	25%
Niacin	15%	15%
Vitamin B6	15%	15%
Folic Acid	35%	35%
Vitamin B12	15%	20%
Phosphorus	6%	15%
Magnesium	6%	10%
Zinc	15%	15%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g carbohydrate (6g sugars) and 4g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories Per Gram:

Fat 9 Carbohydrate 4 Protein 4

NPN-323

THE WEETABIX COMPANY, INC.

Net Wt. 3/4 oz. (21g)

PRODUCT NAME: TOASTED OATS - Individual Serving Z-Size

INGREDIENTS: Whole grain oats (includes the oat bran), modified food starch, sugar, salt, oat fiber, trisodium phosphate, calcium carbonate, vitamin E (mixed tocopherols) added to preserve freshness.

VITAMINS AND MINERALS: Ferric orthophosphate (iron source), ascorbic acid (vitamin C), niacinamide (a B vitamin), zinc oxide (zinc source), vitamin A palmitate, folic acid (a B vitamin), cyanocobalamin (vitamin B12), pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), thiamin mononitrate (vitamin B1), vitamin D. BHT added to packaging material to help preserve freshness.

Distributed By:

The Weetabix Company, Inc.
20 Cameron Street
Clinton, MA 01510

Kellogg's® Product 19®

Nutrition Facts	
Serving Size 1 Box (23g)	
Amount/Serving	
Calories	80
Calories from Fat	0
% DV*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carb. 19g	6%
Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 10% • Vitamin C 70%	
Calcium 0% • Iron 70%	
Vitamin D 8% • Vitamin E 70%	
Thiamin 70% • Riboflavin 70%	
Niacin 70% • Vitamin B ₆ 70%	
Folic Acid 70% • Vitamin B ₁₂ 70%	
Pantothenate 70% • Zinc 70%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

SKW #
38000 -
21977

Ingredients: Milled corn, sugar, whole oat flour, wheat flour, rice, defatted wheat germ, salt, high fructose corn syrup, malt flavoring, sodium ascorbate and ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), niacinamide, zinc oxide, annatto color, reduced iron, calcium pantothenate, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), BHT (preservative), vitamin A palmitate, folic acid, vitamin B₁₂ and vitamin D.

**CONTAINS WHEAT INGREDIENTS.
CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1 Carbohydrate
The dietary exchanges are based on the

Kellogg's® Corn Pops®

Nutrition Facts	
Serving Size 1 Box (27g)	
Amount/Serving	
Calories	100
Calories from Fat	0
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carb. 25g	8%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 1g	
Vitamin A 8% • Vitamin C 8%	
Calcium 0% • Iron 8%	
Vitamin D 10% • Thiamin 20%	
Riboflavin 20% • Niacin 20%	
Vitamin B ₆ 20% • Folic Acid 20%	
Vitamin B ₁₂ 20% • Zinc 10%	

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

SKU#
38000-
21948

INGREDIENTS: MILLED CORN, SUGAR, CORN SYRUP, MOLASSES, SALT, PARTIALLY HYDROGENATED VEGETABLE OIL (ONE OR MORE OF: COCONUT, COTTONSEED, AND SOYBEAN)***†, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, WHEAT STARCH, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, BHT (PRESERVATIVE), ANNATTO COLOR, FOLIC ACID, VITAMIN D AND VITAMIN B₁₂.

***ADDS A NEGLIGIBLE AMOUNT OF FAT.
† LESS THAN 0.5g TRANS FAT PER SERVING.

**CONTAINS WHEAT INGREDIENTS.
CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1½ Carbohydrates.
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

Kellogg's® All-Bran®

Nutrition Facts	
Serving Size 1 Box (50g)	
Amount/Serving	
Calories	130
Calories from Fat	15
% DV*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carb. 37g	12%
Fiber 16g	64%
Soluble Fiber 1g	
Sugars 9g	
Protein 6g	
Vitamin A 15% • Vitamin C 15%	
Calcium 15% • Iron 40%	
Vitamin D 20% • Thiamin 40%	
Riboflavin 40% • Niacin 40%	
Vitamin B ₆ 180% • Folic Acid 160%	
Vitamin B ₁₂ 180% • Phosphorus 50%	
Magnesium 40% • Zinc 15%	
Copper 15%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

SKJ #
32000 -
21960

Ingredients: Wheat bran, sugar, high fructose corn syrup, malt flavoring, calcium phosphate, calcium carbonate, salt, sodium ascorbate and ascorbic acid (vitamin C), reduced iron, niacinamide, pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), folic acid, thiamin hydrochloride (vitamin B₁), vitamin A palmitate, vitamin B₁₂ and vitamin D.

CONTAINS WHEAT INGREDIENTS.

Exchange: 1½ Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

Kellogg's® Special K®

Nutrition Facts	
Serving Size	1 Box (28g)
Amount/Serving	
Calories 80	Calories from Fat 0
% DV*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carb. 16g	5%
Fiber less than 1g	2%
Sugars 3g	
Protein 5g	
Vitamin A 10% • Vitamin C 25%	
Calcium 0% • Iron 30%	
Vitamin E 25% • Thiamin 25%	
Riboflavin 25% • Niacin 25%	
Vitamin B ₆ 70% • Folic Acid 70%	
Vitamin B ₁₂ 70%	

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

3K #
38000-
21908

Part of
Assortment +
38000-
22055

INGREDIENTS: RICE, WHEAT GLUTEN, SUGAR, DEFATTED WHEAT GERM, SALT, HIGH FRUCTOSE CORN SYRUP, DRIED WHEY, MALT FLAVORING, CALCIUM CASEINATE, ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), VITAMIN A PALMITATE, FOLIC ACID AND VITAMIN B₁₂. TO MAINTAIN QUALITY, BHT HAS BEEN ADDED TO THE PACKAGING.

CONTAINS WHEAT AND MILK INGREDIENTS.

Exchange: 1 Carbohydrate
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NI 1#04160

Kellogg's®
Mini-Wheats®
Unfrosted

Nutrition Facts	
Serving Size	1 Box (34g)
Amount/Serving	
Calories	120
Calories from Fat	5
% DV*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 27g	9%
Dietary Fiber 4g	17%
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 50%	
Thiamin 10% • Riboflavin 10%	
Niacin 10% • Vitamin B ₆ 10%	
Folic Acid 10% • Vitamin B ₁₂ 10%	
Phosphorus 8% • Magnesium 8%	
Zinc 4% • Copper 4%	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	

3KW#
38000-
21982

INGREDIENTS: WHOLE GRAIN WHEAT, REDUCED IRON, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), ZINC OXIDE, FOLIC ACID AND VITAMIN B₁₂. TO MAINTAIN QUALITY, BHT ADDED TO THE PACKAGING.

CONTAINS WHEAT INGREDIENTS.

Exchange: 2 Carbohydrates
The dietary exchanges are based on the Exchange Lists for Meal Planning. ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

NLI#04804

Kellogg's® Apple Jacks®

Nutrition Facts	
Serving Size 1 Box (27g)	
Amount/Serving	
Calories	110
Calories from Fat	5
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carb. 24g	8%
Dietary Fiber less than 1g	3%
Sugars 12g	
Protein 1g	
Vitamin A 8% • Vitamin C 20%	
Calcium 0% • Iron 20%	
Vitamin D 10% • Thiamin 20%	
Riboflavin 20% • Niacin 20%	
Vitamin B ₆ 20% • Folic Acid 20%	
Vitamin B ₁₂ 20% • Zinc 10%	

*Percent Daily Values (DV) are based on a 2,000-calorie diet.

3KJH
38000 -
21934

INGREDIENTS: SUGAR, CORN FLOUR, WHEAT FLOUR, OAT FLOUR, SALT, MILLED CORN, DRIED APPLES, APPLE JUICE CONCENTRATE, MODIFIED CORN STARCH, CINNAMON, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), YELLOW #5, NIACINAMIDE, REDUCED IRON, ZINC OXIDE, BAKING SODA, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), TURMERIC COLOR, CALCIUM PHOSPHATE, RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), RED #40, VITAMIN A PALMITATE, BLUE #1, BHT (PRESERVATIVE), FOLIC ACID, VITAMIN D AND VITAMIN B₁₂.

**CONTAINS WHEAT INGREDIENTS.
CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the Exchange Lists for Meal Planning, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

Kellogg's®
 Low-Fat Granola
 with Raisins

Nutrition Facts	
Serving Size 1 Box (63g)	
Amount/Serving	
Calories	240
Calories from Fat	30
	% DV*
Total Fat 3g	5%
Saturated Fat 1g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carb. 52g	17%
Fiber 4g	16%
Soluble Fiber 1g	
Insoluble Fiber 3g	
Sugars 18g	
Protein 5g	
Vitamin A 15% • Vitamin C 2%	
Calcium 2% • Iron 10%	
Vitamin D 10% • Vitamin E 25%	
Thiamin 25% • Riboflavin 25%	
Niacin 25% • Vitamin B ₆ 100%	
Folic Acid 100% • Vitamin B ₁₂ 100%	
Phosphorus 10% • Magnesium 10%	
Zinc 25%	

SKJH
 3800-
 22013

Ingredients: Whole oats, whole grain wheat, sugar, corn syrup, raisins, rice, glycerin, palm oil, molasses, modified corn starch, almonds, salt, cinnamon, nonfat dry milk, high fructose corn syrup, polyglycerol esters of mono- and diglycerides, malt flavoring, niacinamide, zinc oxide, alpha tocopherol acetate (vitamin E), ascorbic acid (vitamin C), pyridoxine hydrochloride (vitamin B₆), reduced iron, guar gum, BHT (preservative), riboflavin (vitamin B₂), vitamin A palmitate, folic acid, thiamin hydrochloride (vitamin B₁), vitamin B₁₂ and vitamin D.

CONTAINS WHEAT, ALMOND AND MILK INGREDIENTS.

Exchange: 3 Carbohydrates
 The dietary exchanges are based on the Exchange Lists for Medical Purposes ©2002

Kellogg's Corn Flakes®

Nutrition Facts

Serving Size 1 Box (23g)

Amount/Serving

Calories 90

Calories from Fat 0

% DV*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carb. 20g 7%

Fiber less than 1g 3%

Sugars 2g

Protein 1g

Vitamin A 8% • Vitamin C 8%

Calcium 0% • Iron 35%

Vitamin D 8% • Thiamin 20%

Riboflavin 20% • Niacin 20%

Vitamin B₆ 20% • Folic Acid 20%

Vitamin B₁₂ 20%

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Ingredients: Milled corn, sugar, malt flavoring, high fructose corn syrup, salt, iron, niacinamide, sodium ascorbate and ascorbic acid (vitamin C), pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), vitamin A, palmitate, folic acid, vitamin B₁₂ and vitamin D. Quality protected with BHT.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

Exchange: 1 Carbohydrate

The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

Part of
Assortment

38000-
22055

Also
SKU#

38000-
21928

NLI#00898

Kellogg's Corn Flakes®

Nutrition Facts		<small>Amount/Serving</small>	<small>%DV*</small>	<small>Amount/Serving</small>	<small>%DV*</small>	<small>Amount/Serving</small>	<small>%DV*</small>
Serving Size	3/4 Cup (21g)	Total Fat 0g	0%	Cholesterol 0mg	0%	Fiber 1g	4%
Calories	80	Sat. Fat 0g	0%	Sodium 150mg	3%	Sugars 2g	
Calories from Fat	0	Trans Fat 0g		Total Carb. 18g	6%	Protein 1g	
<small>* Percent Daily Values (DV) are based on a 2,000 calorie diet.</small>		Vitamin A 6% • Vitamin C 6% • Calcium 0% • Iron 30% Vitamin D 8% • Thiamin 15% • Riboflavin 15% • Niacin 15% Vitamin B₆ 15% • Folic Acid 15% • Vitamin B₁₂ 15%					
INGREDIENTS: MILLED CORN, SUGAR, MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, SALT, IRON, NIACINAMIDE, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), PYRIDOXINE HYDROCHLORIDE (VITAMIN B ₆), RIBOFLAVIN (VITAMIN B ₂), THIAMIN HYDROCHLORIDE (VITAMIN B ₁), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B ₁₂ AND VITAMIN D. CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.							

NLI#03508

SKU#
3800 -
00198

Kellogg's® Rice Krispies®

Nutrition Facts		<small>Amount/Serving %DV*</small>	<small>Amount/Serving %DV*</small>	<small>Amount/Serving %DV*</small>
Serving Size	3/4 Cup (18g)	Total Fat 0g	0%	Cholesterol 0mg
Calories	70	Sat. Fat 0g	0%	Fiber 0g
Calories from Fat	0	Trans Fat 0g	0%	0%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		Sodium 170mg	7%	Sugars 2g
		Total Carb. 16g	6%	Protein 1g
		Vitamin A 4% • Vitamin C 4% • Calcium 0% • Iron 25% Vitamin D 6% • Thiamin 10% • Riboflavin 10% • Niacin 10% Vitamin B ₆ 10% • Folic Acid 10% • Vitamin B ₁₂ 10%		
Ingredients: Rice, sugar, salt, high fructose corn syrup, malt flavoring, iron, ascorbic acid (vitamin C), niacinamide, pyridoxine hydrochloride (vitamin B ₆), riboflavin (vitamin B ₂), thiamin hydrochloride (vitamin B ₁), vitamin A palmitate, folic acid, vitamin B ₁₂ and vitamin D.				

NLI#02917

SKJ#
 38000-
 00598

Kellogg's® All-Bran® Complete® Wheat Flakes

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	1/4 Cup (25g)	Total Fat	0.5g	1%	Cholesterol	0mg	0%
Calories	80	Sat. Fat	0g	0%	Sodium	180mg	8%
Calories from Fat	5	Trans Fat	0g		Total Carb.	20g	7%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					Fiber	4g	16%
					Sugars	4g	
					Protein	2g	
		Vitamin A	10%	Vitamin C	80%	Calcium	0%
		Vitamin D	10%	Vitamin E	80%	Iron	80%
		Niacin	80%	Thiamin	80%	Riboflavin	80%
		Vitamin B ₆	80%	Folic Acid	80%	Vitamin B ₁₂	80%
		Phosphorus	10%	Pantothenate	80%	Magnesium	8%
					Zinc	80%	

INGREDIENTS: WHOLE WHEAT, WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT FLAVORING, SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), ALPHA TOCOPHEROL ACETATE (VITAMIN E), NIACINAMIDE, ZINC OXIDE, REDUCED IRON, CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), RIBOFLAVIN (VITAMIN B₂), THIAMIN HYDROCHLORIDE (VITAMIN B₁), BHT (PRESERVATIVE), VITAMIN A PALMITATE, FOLIC ACID, VITAMIN B₁₂, AND VITAMIN D. CONTAINS WHEAT INGREDIENTS.

NLI#00427

SKU #
38000 -
00698

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision:

RAISIN BRAN (C320103AU) BOWL 76192

Nutrition Facts

Serving Size 1 bowl
 Servings Per Container

Amount Per Serving		% Daily Value*	
Calories	130		
Calories from Fat	5		
<hr/>			
Total Fat	0.5g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	220mg	9%	
Potassium	190mg	6%	
Total Carbohydrate	27g	9%	
Dietary Fiber	4g	17%	
Sugars	11g		
Protein	3g		
Vitamin A		10%	
Vitamin C		6%	
Calcium		4%	
Iron		15%	
Vitamin D		6%	
Thiamin		15%	
Riboflavin		15%	
Niacin		15%	
Vitamin B6		15%	
Folate		15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
Bowl	1

INGREDIENT STATEMENT

INGREDIENTS:
 WHEAT BRAN, RAISINS, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT EXTRACT

VITAMINS AND MINERALS:
 IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: WHEAT

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 3/18/05

Toasted Oats (C140100AA)- BOWL 76193

Nutrition Facts

Serving size 1 Bowl
Servings Per Container

Amount Per Serving

Calories	90
Calories from Fat	15
	% Daily Value**
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 45mg	1%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 2g	

Vitamin A	10%
Vitamin C	6%
Calcium	6%
Iron	35%
Vitamin D	6%
Thiamin	15%
Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Folate	35%
Vitamin B12	15%
Phosphorus	6%
Magnesium	6%
Zinc	15%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size Number of Servings

Bowl	1

INGREDIENT STATEMENT

INGREDIENTS:

WHOLE OAT FLOUR, WHEAT STARCH, FOOD STARCH-MODIFIED, BROWN SUGAR, SALT, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, COLOR (CARAMEL) PRESERVATIVE (TOCOPHEROLS)

VITAMINS AND MINERALS:

VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE) VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: WHEAT

GILSTER-MARY LEE

NUTRITIONAL INFORMATION

Revision:

CORN PUFFS (C110500BH)-BOWL 76203

CONTAINS: NO ALLERGENS

Nutrition Facts

Serving size 1 Bowl
Servings Per Container

Amount Per Serving

Calories 80
Calories from Fat 0

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 40mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 1g	

Vitamin A	10%
Vitamin C	6%
Calcium	10%
Iron	35%
Vitamin D	6%
Thiamin	15%
Riboflavin	15%
Niacin	15%
Vitamin B6	15%
Folate	35%
Vitamin B12	15%
Zinc	15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size Number of Servings

Bowl 1

INGREDIENT STATEMENT

INGREDIENTS:

DEGERMED YELLOW CORN MEAL, WHOLE OAT FLOUR, SUGAR, FOOD STARCH-MODIFIED, SALT, CORN SYRUP, CALCIUM CARBONATE, TRISODIUM PHOSPHATE

VITAMINS AND MINERALS:

VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS

Kellogg's® Special K®

Nutrition Facts		<small>Amount/Serving</small>	<small>%DV*</small>	<small>Amount/Serving</small>	<small>%DV*</small>	<small>Amount/Serving</small>	<small>%DV*</small>
Serving Size	3/4 Cup (18g)	Total Fat 0g	0%	Cholesterol 0mg	0%	Fiber 0g	0%
Calories	70	Sat. Fat 0g	0%	Sodium 180mg	8%	Sugars 2g	
Calories from Fat	0	Trans Fat 0g		Total Carb. 13g	4%	Protein 4g	
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 8% • Vitamin C 20% • Calcium 0% • Iron 25% Vitamin E 20% • Thiamin 20% • Riboflavin 20% • Niacin 20% Vitamin B₆ 50% • Folic Acid 50% • Vitamin B₁₂ 50% • Phosphorus 4% Magnesium 2% • Zinc 4% • Selenium 6%					
Ingredients: Rice, wheat gluten, sugar, defatted wheat germ, salt, high fructose corn syrup, dried whey, malt flavoring, calcium caseinate, ascorbic acid (vitamin C), alpha tocopherol acetate (vitamin E), reduced iron, niacinamide, pyridoxine hydrochloride (vitamin B ₆), riboflavin (vitamin B ₂), thiamin hydrochloride (vitamin B ₁), vitamin A palmitate, folic acid and vitamin B ₁₂ . CONTAINS WHEAT AND MILK INGREDIENTS.							

NLI#03509

SKU #
38000 -
01694

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision:

TWO COLOR APPLE WHEELS (C170511BA) BOWL

76202

Nutrition Facts

Serving Size 1 Bowl
 Servings Per Container

Amount Per Serving	
Calories	110
Calories from Fat	0
	% Daily Value**
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Potassium 35mg	1%
Total Carbohydrate 25g	8%
Dietary fiber 0g	2%
Sugars 14g	
Protein 2g	
<hr/>	
Vitamin A	15%
Vitamin C	20%
Calcium	8%
Iron	20%
Vitamin D	8%
Thiamin	20%
Riboflavin	20%
Niacin	20%
Vitamin B6	20%
Folate	45%
Vitamin B12	20%
Phosphorous	2%
Magnesium	2%
Zinc	20%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
Bowl	1

INGREDIENT STATEMENT

INGREDIENTS:

SUGAR, YELLOW CORN FLOUR, ENRICHED FLOUR (FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHOLE OAT FLOUR, SALT, CALCIUM CARBONATE, APPLE JUICE CONCENTRATE, CORN CEREAL, COLOR (YELLOW 6, BLUE 1, TURMERIC EXTRACT, RED 40, ANNATTO EXTRACT), CORN SYRUP, CINNAMON, DEHYDRATED APPLES, FOOD STARCH-MODIFIED, PARTIALLY HYDROGENATED VEGETABLE SHORTENING (CONTAINS SOYBEAN AND COTTONSEED OIL)

VITAMINS & MINERALS:

VITAMIN C (ASCORBIC ACID, SODIUM ASCORBATE), VITAMIN A (PALMITATE), IRON (FERROUS FUMARATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGE TO HELP PRESERVE FRESHNESS

CONTAINS: WHEAT

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 5/15/07

HONEY NUT TOASTED OATS (C140300AH) BOWL 76198

Nutrition Facts

Serving Size 1 Bowl
 Servings Per Container

Amount Per Serving	Cereal	
Calories	80	
Calories from Fat	10	
	%Daily Value*	
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 110mg	5%	
Potassium 40mg	1%	
Total Carbohydrate 18g	6%	
Dietary Fiber less than 1g	3%	
Sugars 8g		
Protein 1g		
Vitamin A	10%	
Vitamin C	6%	
Calcium	6%	
Iron	15%	
Vitamin D	6%	
Thiamin	15%	
Riboflavin	15%	
Niacin	15%	
Vitamin B6	15%	
Folate	35%	
Vitamin B12	15%	
Zinc	15%	
Copper	4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
Bowl	1

INGREDIENT STATEMENT

INGREDIENTS:

WHOLE OAT FLOUR, SUGAR, CORN STARCH, MODIFIED CORN STARCH, HONEY, BROWN SUGAR, SALT, WHEAT GERM, TRICALCIUM PHOSPHATE, VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), CALCIUM CARBONATE, TRISODIUM PHOSPHATE, MOLASSES, IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), COLOR (CARAMEL), ALMONDS, NIACINAMIDE, ZINC (ZINC OXIDE), PRESERVATIVE (TOCOPHEROLS), CANOLA OIL, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: ALMONDS, WHEAT

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 4/13/05

APPLE CINNAMON TOASTED OATS (C140100AL) Bowl 76197

Nutrition Facts

Serving Size 1 Bowl
Servings Per Container

Amount Per Serving	Cereal	
Calories	80	
Calories from Fat	10	
		%Daily Value*
Total Fat 1g	2%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 100mg	4%	
Potassium 35mg	1%	
Total Carbohydrate 17g	6%	
Dietary fiber less than 1g	3%	
Sugars 9g		
Protein 1g		
Vitamin A	10%	
Vitamin C	6%	
Calcium	6%	
Iron	15%	
Vitamin D	6%	
Thiamin	15%	
Riboflavin	15%	
Niacin	15%	
Vitamin B6	15%	
Folate	35%	
Vitamin B12	15%	
Phosphorus	6%	
Magnesium	4%	
Zinc	15%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
Bowl	1

INGREDIENT STATEMENT

INGREDIENTS:
WHOLE OAT FLOUR, SUGAR, WHEAT STARCH, DEHYDRATED APPLES, FOOD STARCH-MODIFIED, CORN SYRUP, BROWN SUGAR, SALT, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, CINNAMON, TRISODIUM PHOSPHATE, VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), COLOR (CAMEL), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), PRESERVATIVE (TOCOPHEROLS), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: WHEAT

Kellogg's Corn Flakes®

Nutrition Facts

Serving Size 1 Cup (28g/1.0 oz.)
Servings Per Container About 28

Amount Per Serving	Cereal	Cereal with 1/2 Cup Vitamins A&D Fat Free Milk
Calories	100	140
Calories from Fat	0	0

	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	0%
Sodium 200mg	8%	11%
Potassium 25mg	1%	7%
Total Carbohydrate 24g	8%	10%
Dietary Fiber 1g	4%	4%
Sugars 2g		
Other Carbohydrate 21g		
Protein 2g		

Vitamin A	10%	15%
Vitamin C	10%	10%
Calcium	0%	15%
Iron	45%	45%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B ₆	25%	25%
Folic Acid	25%	25%
Vitamin B ₁₂	25%	35%

* Amount in cereal. One half cup of fat free milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (8g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Milled corn, sugar, malt flavoring, high fructose corn syrup, salt.

Vitamins and Iron: Iron, niacinamide, sodium ascorbate and ascorbic acid (vitamin C), pyridoxine hydrochloride (vitamin B₆), riboflavin (vitamin B₂), thiamin hydrochloride (vitamin B₁), vitamin A palmitate, folic acid, vitamin B₁₂ and vitamin D. To maintain quality, BHT has been added to the packaging.

**CORN USED IN THIS PRODUCT
CONTAINS TRACES OF SOYBEANS.**

Exchange: 1 1/2 Carbohydrates
The dietary exchanges are based on the *Exchange Lists for Meal Planning*, ©2003 by The American Diabetes Association, Inc. and The American Dietetic Association.

SKJ #
37000-
00191

Also
SKJ #
64100-
33400

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision:12/7/00

Toasted Oats (C140100AA) 4/35oz. 76244

Nutrition Facts

Serving size 1 cup (30g)
 Servings Per Container

Amount Per Serving	Cereal with 1/2 cup Vitamins A&D	
	Cereal	Skim Milk
Calories	120	160
Calories from Fat	15	20
	% Daily Value* **	
Total Fat 2g*	3%	3%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 270mg	11%	14%
Potassium 65mg	2%	8%
Total Carbohydrate 23g	8%	10%
Dietary Fiber 2g	8%	8%
Sugars 2g		
Protein 3g		
Vitamin A	15%	20%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	35%
Phosphorous	10%	25%
Magnesium	8%	10%
Zinc	25%	30%
Copper	2%	2%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
15 oz	about 14
35 oz	about 33
20 lb	about 302

INGREDIENT STATEMENT

INGREDIENTS:

WHOLE OAT FLOUR, WHEAT STARCH, FOOD STARCH-MODIFIED, BROWN SUGAR, SALT, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, COLOR (CARAMEL), PRESERVATIVE (TOCOPHEROLS)

VITAMINS AND MINERALS:

VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYCANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: SOY, WHEAT

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 2/21/06

CRISP RICE (C330101AA) 4 35oz. 76242

CONTAINS: NO ALLERGENS

Nutrition Facts

Serving size 1 1/4 cups (33g)
 Servings Per Container

Amount Per Serving	Cereal with 1/2 cup Vitamins A&D	
	Cereal	Skim Milk
Calories	120	170
Calories from Fat	0	0
	% Daily Value**	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 310mg	13%	16%
Potassium 70mg	2%	8%
Total Carbohydrate 29g	10%	12%
Dietary Fiber 0g	0%	0%
Sugars 3g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	30%	35%
Riboflavin	30%	40%
Niacin	30%	30%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	35%
Phosphorous	4%	15%
Magnesium	2%	6%
Zinc	25%	30%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
13 oz	about 11
35 oz	about 30
38 oz	about 33
20 lb	about 275

INGREDIENT STATEMENT

INGREDIENTS:

RICE, SUGAR, SALT, MALT EXTRACT, PRESERVATIVE (TOCOPHEROLS)

VITAMINS AND MINERALS:

IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 8/16/07

40% BRAN FLAKES (C321003AA) 4/35oz. 76241

Nutrition Facts

Serving Size 1 1/4 cups (56g)
 Servings Per Container

Amount Per Serving	Cereal	Cereal with 1/2 cup skim milk
Calories	220	260
Calories from Fat	15	20
% Daily Value*		
Total Fat 2g	3%	3%
Saturated Fat 0g	0%	2%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 420mg	18%	20%
Potassium 370mg	10%	16%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 9g	38%	38%
Sugars 9g		
Protein 5g		
Vitamin A	25%	30%
Vitamin C	25%	25%
Calcium	2%	15%
Iron	100%	100%
Vitamin D	10%	25%
Thiamine	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	25%	25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
20 oz	about 10
35 oz	about 18
20 lb	about 162

INGREDIENT STATEMENT

INGREDIENTS:

WHOLE WHEAT, WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT EXTRACT

VITAMINS AND MINERALS:

IRON (FERROUS FUMARATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: WHEAT

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 2/22/06

CORN FLAKES (C010701AA) 201b. 78530

ALLERGENS: NONE

Nutrition Facts

Serving Size 1 cup (32g)
 Servings Per Container

Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk
Calories	130	170
Calories from Fat	0	5
	% Daily Value**	
Total Fat 0g*	0%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 270mg	11%	14%
Potassium 55mg	2%	7%
Total Carbohydrate 28g	9%	11%
Dietary Fiber less than 1g	4%	4%
Sugars 3g		
Protein 2g		
Vitamin A	25%	30%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	25%	25%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
18 oz	about 16
35 oz	about 31
48 oz	about 43
20 lb	about 284

INGREDIENT STATEMENT

INGREDIENTS:

DEGERMED YELLOW CORN MEAL, SUGAR, SALT, MALT EXTRACT

VITAMINS AND MINERALS:

VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B2 (RIBOFLAVIN), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), FOLIC ACID

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision:

SUGAR FROSTED FLAKES (C010701BT) 20 lbs. 78547

ALLERGENS: NONE

Nutrition Facts

Serving Size 3/4 cup (31g)
 Servings Per Container

Amount Per Serving	Cereal with 1/2 cup Vitamins A&D	
	Cereal	Skim Milk
Calories	120	160
Calories from Fat	0	5
	% Daily Value* **	
Total Fat 0g*	0%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 200mg	8%	11%
Potassium 30mg	1%	7%
Total Carbohydrate 28g	9%	11%
Dietary fiber less than 1g	2%	2%
Sugars 13g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	50%	50%
Riboflavin	50%	60%
Niacin	50%	50%
Vitamin B6	50%	50%
Folate	25%	25%
Vitamin B12	25%	35%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
20 oz	about 18
35 oz	about 32
50 oz	about 46
25 lb	about 366

INGREDIENT STATEMENT

INGREDIENTS:

DEGERMED YELLOW CORN MEAL, SUGAR, SALT, MALT EXTRACT

VITAMINS AND MINERALS:

VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B2 (RIBOFLAVIN), VITAMIN D (CHOLECALCIFEROL), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision:12/7/00

Toasted Oats (C140100AA) 20lbs. 78534

Nutrition Facts

Serving size 1 cup (30g)
 Servings Per Container

Amount Per Serving	Cereal with 1/2 cup Vitamins A&D	
	Cereal	Skim Milk
Calories	120	160
Calories from Fat	15	20
	% Daily Value* **	
Total Fat 2g*	3%	3%
Saturated Fat 0g	0%	3%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 270mg	11%	14%
Potassium 65mg	2%	8%
Total Carbohydrate 23g	8%	10%
Dietary Fiber 2g	8%	8%
Sugars 2g		
Protein 3g		
Vitamin A	15%	20%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	35%
Phosphorous	10%	25%
Magnesium	8%	10%
Zinc	25%	30%
Copper	2%	2%

* Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
15 oz	about 14
35 oz	about 33
20 lb	about 302

INGREDIENT STATEMENT

INGREDIENTS:

WHOLE OAT FLOUR, WHEAT STARCH, FOOD STARCH-MODIFIED, BROWN SUGAR, SALT, TRICALCIUM PHOSPHATE, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, COLOR (CARAMEL), PRESERVATIVE (TOCOPHEROLS)

VITAMINS AND MINERALS:

VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID); IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYCANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: SOY, WHEAT

FORMULA TGU-FR-01

GILSTER-MARY LEE CORP.

PRODUCT FROSTED ROLLS-AII (USA) DATE 02/04/03

WEIGHT 35 OZ

INFORMATION PANEL

NUTRITION FACTS

Serving Size 1 cup (32g)
Servings per container about 8

20 lbs. 78537

Table with 3 columns: Amount Per Serving, Dry, Cereal with 1/2 cup Vitamins A&D skim milk. Rows include Total Fat, Sodium, Potassium, Total Carbohydrate, Protein, and various vitamins and minerals.

*Amount in cereal. One half cup skim milk contributes an additional 40 calories, 65mg sodium, 6g total carbohydrate (6g sugars), and 4g protein.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Table comparing nutrient levels for 2,000 and 2,500 calorie diets. Rows include Total Fat, Sat Fat, Cholesterol, Sodium, Potassium, Total Carbohydrate, and Dietary Fiber.

Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4

FORMULA TGU-FR-01

GILSTER-MARY LEE CORP.

PRODUCT FROSTED ROLLS-ALL (USA)

DATE 02/04/03

WEIGHT ALL

INFORMATION PANEL – Cont'd

INGREDIENT STATEMENT

INGREDIENTS: CORN, WHEAT AND OAT FLOUR; SUGAR; CALCIUM CARBONATE; SALT; NATURAL ORANGE, CHERRY, LEMON, LIME, RASPBERRY AND BLUEBERRY FLAVORS; RED #40; COLOR ADDED; YELLOW #6; BLUE #1; PRESERVATIVE (BHT);

VITAMINS
& MINERALS: VITAMIN C (SODIUM ASCORBATE); VITAMIN A (PALMITATE); REDUCED IRON; NIACINAMIDE; ZINC OXIDE; VITAMIN B12; FOLIC ACID; VITAMIN D; VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE); VITAMIN B2 (RIBOFLAVIN); AND VITAMIN B1 (THIAMIN HYDROCHLORIDE).
BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CORN USED IN THIS PRODUCT CONTAINS TRACES OF SOYBEANS.

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 12/7/00

COCOA MUNCHIES (C110300AY) 20 lbs. 78537

CONTAINS: NO ALLERGENS

Nutrition Facts

Serving Size 3/4 cup (30g)

Servings Per Container

Amount Per Serving	Dry	Cereal with 1/2 cup skim milk
Calories	120	160
Calories from Fat	0	5
% Daily Value**		
Total Fat 0g*	0%	1%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 160mg	7%	9%
Potassium 70mg	2%	8%
Total Carbohydrate 27g	9%	11%
Dietary Fiber 0g	0%	0%
Sugars 14g		
Protein 1g		
Vitamin A	15%	20%
Vitamin C	10%	10%
Calcium	10%	25%
Iron	25%	25%
Vitamin D	10%	25%
Thiamin	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	35%
Zinc	25%	30%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Potassium		3500mg	3500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
35 oz	about 33
20lb.	about 302

INGREDIENT STATEMENT

INGREDIENTS:

SUGAR, DEGERMED YELLOW CORN MEAL, YELLOW CORN FLOUR, COCOA (PROCESSED WITH ALKALI), CORN SYRUP, CORN STARCH, FOOD STARCH-MODIFIED, SALT, ARTIFICIAL FLAVOR, CALCIUM CARBONATE, PARTIALLY HYDROGENATED CORN OIL WITH PRESERVATIVE (BHT), COLOR (CARMEL), HIGH FRUCTOSE CORN SYRUP, DICALCIUM PHOSPHATE, BAKING SODA, TRISODIUM PHOSPHATE

VITAMINS AND MINERALS:

VITAMIN C (SODIUM ASCORBATE, ASCORBIC ACID), IRON (FERROUS FUMARATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 2/21/06

CRISP RICE (C330101AA) 20lbs. 78532

CONTAINS: NO ALLERGENS

Nutrition Facts

Serving size 1 1/4 cups (33g)
Servings Per Container

Amount Per Serving	Cereal with 1/2 cup Vitamins A&D	
	Cereal	Skim Milk
Calories	120	170
Calories from Fat	0	0
	% Daily Value* **	
Total Fat 0g*	0%	0%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 310mg	13%	16%
Potassium 70mg	2%	8%
Total Carbohydrate 29g	10%	12%
Dietary Fiber 0g	0%	0%
Sugars 3g		
Protein 2g		
Vitamin A	15%	20%
Vitamin C	25%	25%
Calcium	0%	15%
Iron	50%	50%
Vitamin D	10%	25%
Thiamin	30%	35%
Riboflavin	30%	40%
Niacin	30%	30%
Vitamin B6	25%	25%
Folate	50%	50%
Vitamin B12	25%	35%
Phosphorous	4%	15%
Magnesium	2%	6%
Zinc	25%	30%

* Amount in cereal.

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2400 mg	2400 mg
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:

Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
13 oz	about 11
35 oz	about 30
38 oz	about 33
20 lb	about 275

INGREDIENT STATEMENT

INGREDIENTS:

RICE, SUGAR, SALT, MALT EXTRACT, PRESERVATIVE (TOCOPHEROLS)

VITAMINS AND MINERALS:

IRON (FERRIC ORTHOPHOSPHATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, ZINC (ZINC OXIDE), VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID, VITAMIN B12 (CYANOCOBALAMIN)

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

GILSTER-MARY LEE CORP.
NUTRITIONAL INFORMATION

Revision: 8/16/07

40% BRAN FLAKES (C321003AA) 20 lbs. 78531

Nutrition Facts

Serving Size 1 1/4 cups (56g)
 Servings Per Container

Amount Per Serving	Cereal	Cereal with 1/2 cup skim milk
Calories	220	260
Calories from Fat	15	20
	% Daily Value*	
Total Fat 2g	3%	3%
Saturated Fat 0g	0%	2%
Trans Fat 0g		
Cholesterol 0mg	0%	1%
Sodium 420mg	18%	20%
Potassium 370mg	10%	16%
Total Carbohydrate 45g	15%	17%
Dietary Fiber 9g	38%	38%
Sugars 9g		
Protein 5g		
Vitamin A	25%	30%
Vitamin C	25%	25%
Calcium	2%	15%
Iron	100%	100%
Vitamin D	10%	25%
Thiamine	25%	30%
Riboflavin	25%	35%
Niacin	25%	25%
Vitamin B6	25%	25%
Folate	25%	25%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on you calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Potassium		3500 mg	3500 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

Calories per gram:
 Fat 9 Carbohydrate 4 Protein 4

SERVINGS PER CONTAINER

Package Size	Number of Servings
20 oz	about 10
35 oz	about 18
20 lb	about 162

INGREDIENT STATEMENT

INGREDIENTS:

WHOLE WHEAT, WHEAT BRAN, SUGAR, HIGH FRUCTOSE CORN SYRUP, SALT, MALT EXTRACT

VITAMINS AND MINERALS:

IRON (FERROUS FUMARATE), VITAMIN C (SODIUM ASCORBATE), VITAMIN A (PALMITATE), NIACINAMIDE, VITAMIN B1 (THIAMINE MONONITRATE), VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE), VITAMIN D (CHOLECALCIFEROL), VITAMIN B2 (RIBOFLAVIN), FOLIC ACID

BHT ADDED TO PACKAGING TO HELP PRESERVE FRESHNESS.

CONTAINS: WHEAT