



Nutrition Information

Cups, Single Serve | Foodservice

Nutrition Information

Cap'n Crunch - Breakfast Cereal - RTE Individual Serve - Bowl



Cap'n Crunch Breakfast Cereal - RTE Bowl
12 / 1.51oz Individual Serve Bowls

UPC: 030000315972



INGREDIENTS: Corn Flour, Sugar, Oat Flour, Brown Sugar, Palm and/or Coconut Oil, Salt, Reduced Iron, Yellow 5, Niacinamide*, Yellow 6, BHT (to preserve freshness), Thiamin Mononitrate*, Pyridoxine Hydrochloride*, Riboflavin*, Folic Acid**One of the B Vitamins.

Nutrition Facts

Serving Size 1 Container (43g)

Amount Per Serving

Calories **170**

		% Daily Value *
Total Fat	2 g	3%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	320 mg	14%
Total Carbohydrate	37 g	13%
Dietary Fiber	< 1 g	3%
Total Sugars	19 g	
Includes Added Sugars	19 g	38%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	4.5 mg	20%
Potassium	60 mg	0%
Thiamin	0.2 mg	15%
Riboflavin	0.2 mg	15%
Niacin	2.4 mg	15%
Vitamin B6	0.3 mg	15%
Folate DFE	120 mcg	30%
Folic Acid	75 mcg	

Nutrition Information

Cap'n Crunch - Crunch Berries Breakfast Cereal - RTE Individual Serve - Cup Bowl



Cap'n Crunch Crunch Berries Breakfast Cereal Cup
70 / 1.3oz Individual Serve Bowls

UPC: 030000315965



INGREDIENTS: Corn Flour, Sugar, Oat Flour, Brown Sugar, Palm and/or Coconut Oil, Salt, Sodium Citrate, Natural and Artificial Flavor, Malic Acid, Red 40, Reduced Iron, Yellow 5, Niacinamide*, Blue 1, Yellow 6, BHT (to preserve freshness), Thiamin Mononitrate*, Pyridoxine Hydrochloride*, Riboflavin*, Folic Acid*.

*One of the B Vitamins

Nutrition Facts

Serving Size 1 Container (37g)

Amount Per Serving

Calories **150**

		% Daily Value *
Total Fat	2 g	2%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	270 mg	12%
Total Carbohydrate	32 g	12%
Dietary Fiber	< 1 g	3%
Total Sugars	16 g	
Includes Added Sugars	16 g	32%
Protein	2 g	
Vitamin D	0 mcg	0%
Calcium	0 mg	0%
Iron	4.8 mg	25%
Potassium	60 mg	0%
Thiamin	0.2 mg	15%
Riboflavin	0.2 mg	15%
Niacin	2.4 mg	15%
Vitamin B6	0.3 mg	15%
Folate DFE	140 mcg	35%
Folic Acid	83 mcg	

Nutrition Information

Cheetos - Mac n Cheese Bold & Cheesy Cup



Cheetos Mac n Cheese Bold & Cheesy Cup
XXX / 2.32oz Individual Serve Cups

UPC: 015300014954



INGREDIENTS: Wheat Flour, Maltodextrin, Whey, Cheddar Cheese (Milk, Cultures, Salt, Enzymes), Canola Oil, Salt, Palm Oil, Natural And Artificial Flavor, Whey Protein Concentrate, Corn Syrup Solids, Modified Corn Starch, Cultured Nonfat Buttermilk, Lactic Acid, Citric Acid, Monosodium Glutamate, Yellow 6, Autolyzed Yeast Extract, Hydrolyzed Soy Protein, Blue Cheese (Milk, Cultures, Salt, Enzymes), Guar Gum, Xanthan Gum, Niacinamide, Iron, Disodium Guanylate, Disodium Inosinate, Thiamine Mononitrate, Riboflavin, Folic Acid.

CONTAINS MILK, SOY AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1 Cup (66g)

Amount Per Serving

Calories **250**

		% Daily Value *
Total Fat	5 g	7%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	< 5 mg	2%
Sodium	690 mg	30%
Total Carbohydrate	43 g	16%
Dietary Fiber	2 g	6%
Total Sugars	6 g	
Includes Added Sugars	0 g	1%
Protein	8 g	
Vitamin D	0.1 mcg	0%
Calcium	90 mg	6%
Iron	2.6 mg	10%
Potassium	210 mg	4%
Thiamin	0.3 mg	25%
Riboflavin	0.2 mg	15%
Niacin	2.4 mg	15%
Folate DFE	120 mcg	30%
Folic Acid	63 mcg	

Nutrition Information

Cheetos - Mac 'n Cheese Flamin' Hot Cup



Cheetos mac n cheese Flamin' Hot Cup
XXX / 2.11oz Individual Serve Cups

UPC: 015300014978



INGREDIENTS: Wheat Flour, Maltodextrin, Whey, Palm Oil, Canola Oil, Salt, Cheddar Cheese (Milk, Cultures, Salt, Enzymes), Sugar, Corn Syrup Solids, Modified Corn Starch, Cultured Nonfat Buttermilk, Autolyzed Yeast Extract, Guar gum, Citric Acid, Monosodium Glutamate, Sunflower Oil, Xanthan Gum, Onion Powder, Whey Protein Concentrate, Lactic Acid, Natural Flavor, Red 40 Lake, Yellow 5, Yellow 6, Yellow 6 Lake, Garlic Powder, Hydrolyzed Soy Protein, Sodium Diacetate, Disodium Guanylate, Disodium Inosinate, Blue Cheese (Milk, Cultures, Salt, Enzymes), Nonfat Dry Milk, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid.

CONTAINS MILK, SOY AND WHEAT INGREDIENTS.

Nutrition Facts

Serving Size 1/2 cup dry (40g)

Amount Per Serving

Calories **150**

		% Daily Value *
Total Fat	3 g	4%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	1 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	0 mg	0%
Total Carbohydrate	27 g	10%
Dietary Fiber	4 g	13%
Soluble Fiber	2 g	
Total Sugars	1 g	
Includes Added Sugars	0 g	0%
Protein	5 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.5 mg	8%
Potassium	150 mg	2%
Thiamine	0.2 mg	15%
Phosphorus	130 mg	10%
Magnesium	40 mg	10%

Nutrition Information

Quaker Oats - Hot Cereal Apple Cinnamon Individual Serve - Cup



Quaker Oats Hot Cereal Apple Cinnamon Cup
24 / 1.51oz Individual Serve Cups

UPC: 030000319567



INGREDIENTS: Whole grain oats, sugar, dried apples, natural flavor, salt, cinnamon.

Nutrition Facts

Serving Size 1 Package (43g)

Amount Per Serving

Calories **160**

		% Daily Value *
Total Fat	2 g	3%
Saturated Fat	0.5 g	2%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	160 mg	7%
Total Carbohydrate	33 g	12%
Dietary Fiber	4 g	13%
Total Sugars	11 g	
Includes Added Sugars	8 g	16%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.2 mg	6%
Potassium	150 mg	2%

Nutrition Information

Quaker Oats - Hot Cereal Maple Brown Sugar Individual Serve - Cup



Quaker Oats Hot Cereal Maple Brown Sugar Cup
24 / 1.69oz Individual Serve Cups

UPC:

INGREDIENTS: Whole grain oats, chicory root extract, sugar, salt, natural flavor, monk fruit extract.

Nutrition Information

Quaker Oats - Hot Cereal Strawberry & Cream Individual Serve - Cup



Quaker Oats Hot Cereal Strawberry & Cream Cup
24 / 1.51oz Individual Serve Cups

UPC: 030000568064



INGREDIENTS: Whole grain oats, sugar, dried strawberries, salt, dried cream, natural flavor, nonfat dry milk, sea salt, dried vegetable juice concentrate (color), tocopherols (to preserve freshness).

CONTAINS MILK INGREDIENTS.

Nutrition Facts

Serving Size 1 Package (43g)

Amount Per Serving

Calories 160

		% Daily Value *
Total Fat	2.5 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	220 mg	10%
Total Carbohydrate	32 g	12%
Dietary Fiber	3 g	11%
Total Sugars	12 g	
Includes Added Sugars	11 g	22%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	10 mg	0%
Iron	1 mg	4%
Potassium	130 mg	2%

Nutrition Information

Quaker Oats - Apples & Cinnamon Hot Cereal Individual Serve - Packet



Quaker Oats Apples & Cinnamon Hot Cereal
48 / 1.51 oz Individual Serve - Packet

UPC:

INGREDIENTS: Whole grain oats, sugar, salt, natural flavor.

Nutrition Information

Quaker Oats - Cinnamon Spice Hot Cereal Individual Serve - Packet



Quaker Oats Cinnamon Spice Hot Cereal
48 / 1.51 oz Individual Serve - Packet

UPC:

INGREDIENTS: Whole grain oats, sugar, salt, natural flavor.

Nutrition Information

Quaker Oats - Original Hot Cereal Individual Serve - Packet



Quaker Oats Original Hot Cereal
48 / 1oz Individual Serve - Packet

UPC:



INGREDIENTS: Whole grain oats, calcium carbonate, salt, reduced iron.

Nutrition Facts

Serving Size 1 Packet (28g)

Amount Per Serving

Calories **100**

		% Daily Value *
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0.5 g	
Cholesterol	0 mg	0%
Sodium	75 mg	3%
Total Carbohydrate	18 g	6%
Dietary Fiber	3 g	10%
Soluble Fiber	1 g	
Total Sugars	0 g	
Includes Added Sugars	0 g	0%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	120 mg	8%
Iron	7.8 mg	40%
Potassium	100 mg	2%

Nutrition Information

Quaker Oats - Maple Brown Sugar Hot Cereal Individual Serve - Packet



Quaker Oats Maple Brown Sugar Hot Cereal
48 / 1.51 oz Individual Serve - Packet

UPC: 030000001301



INGREDIENTS: Whole grain oats, sugar, salt, natural flavor.

Nutrition Facts

Serving Size 1 Packet (43g)

Amount Per Serving

Calories **160**

		% Daily Value *
Total Fat	2 g	3%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	1 g	
Cholesterol	0 mg	0%
Sodium	260 mg	11%
Total Carbohydrate	33 g	12%
Dietary Fiber	3 g	10%
Soluble Fiber	1 g	
Total Sugars	12 g	
Includes Added Sugars	12 g	24%
Protein	4 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.1 mg	6%
Potassium	110 mg	2%

Nutrition Information

Rice A Roni - Chicken Cup



Rice A Roni - Chicken Cup
XXX / 1.97oz Individual Serve Cups

UPC: 015300200012



INGREDIENTS: RICE, WHEAT FLOUR, SALT, SUGAR, AUTOLYZED YEAST EXTRACT, HYDROLYZED SOY PROTEIN, ONIONS*, MONOSODIUM GLUTAMATE, NATURAL FLAVOR, PARSLEY*, GARLIC*, CHICKEN BROTH, CHICKEN FAT, TURMERIC [COLOR], FERRIC ORTHOPHOSPHATE, NIACIN, DISODIUM GUANYLATE, DISODIUM INOSINATE, FERROUS SULFATE, THIAMIN MONONITRATE, TURMERIC EXTRACT [COLOR], FOLIC ACID, RIBOFLAVIN.
*DRIED.

CONTAINS WHEAT AND SOY INGREDIENTS.

Nutrition Facts

Serving Size 1 Cup (56g)

Amount Per Serving

Calories **200**

		% Daily Value *
Total Fat	1 g	1%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	660 mg	29%
Total Carbohydrate	43 g	16%
Dietary Fiber	1 g	4%
Total Sugars	1 g	
Includes Added Sugars	< 1 g	2%
Protein	5 g	
Vitamin D	0 mcg	0%
Calcium	20 mg	0%
Iron	1.7 mg	8%
Potassium	230 mg	4%
Thiamin	0.24 mg	20%
Riboflavin	0.05 mg	4%
Niacin	1.6 mg	10%
Folate DFE	80 mcg	20%
Folic Acid	78 mcg	

Nutrition Information

Pasta Roni - Parmesan & Romano Cup



Pasta Roni - Parmesan & Romano Cup XXX / 1.97oz Individual Serve Cups

UPC:

INGREDIENTS: DURUM WHEAT SEMOLINA, MALTODEXTRIN, PARMESAN AND ROMANO CHEESE (MILK, CHEESE CULTURE, SALT, ENZYMES), WHEY, MODIFIED CORN STARCH, SALT, CULTURED NONFAT MILK, SUNFLOWER OIL, CANOLA OIL, NATURAL FLAVOR (CONTAINS SOY), ONIONS*, PARSLEY*, WHITE PEPPER, SUGAR, NIACIN, FERROUS SULFATE, ANNATTO EXTRACT COLOR, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID.

*DRIED.

ONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Nutrition Facts

Serving Size 1 Cup (66g)

Amount Per Serving

Calories 240

		% Daily Value *
Total Fat	5 g	8%
Saturated Fat	2 g	9%
Trans Fat	0 g	
Cholesterol	5 mg	2%
Sodium	840 mg	35%
Total Carbohydrate	43 g	14%
Dietary Fiber	2 g	8%
Total Sugars	4 g	
Includes Added Sugars	0 g	0%
Protein	5 g	
Vitamin A		0%
Vitamin C		0%
Calcium		8%
Iron		10%
Thiamin		20%
Riboflavin		10%
Niacin		10%
Folic Acid		15%