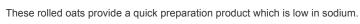
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GFS Quick Oats, 42 Oz Carton, 12/Case









		QTY
12/Case	\$31.92 \$0.06/oz	

Nutrition

Based On: AP Cereal, Oats, Quick, Dry, GFS



Ingredients

100% Whole grain rolled oats. COMMON ALLERGENS PRESENT: None. Nutrition and Ingredient statement updated June 2014. The ingredient and nutrition information provided here reflect the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe allergies should confirm the ingredient information on the actual label of the product.

Nutrition Facts

Serving Size 0.5 cup (39g)	
Amount Per Serving	
Calories 140 Calor	alories From Fat 22.5
	% Daily Value
Fat 2.5g	4%
Saturated Fat0.5g	3%
Trans Fat0g	
PolyUnsat. Fat	n/a
MonoUnsat Fat	n/a
Cholesterol0mg	n/a
Sodium0mg	n/a
Potassium	n/a
Carbohydrates26g	9%
Fiber4g	16%
Sugar0g	
Protein5g	10%
Vitamin A IU 0% Vitamin C 0% Calcium	0% Iron 10%
* Based on a 2000 calories diet	
Calories Per Gram:	
Fat: 9 Carbohydrates: 4 Protein: 4	

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School Equivalents:

Child Nutrition Label No Serving Size n/a Meat/Meat Alternative n/a Fruit/Vegetables n/a Grain/Breads n/a

Water Soluble Vitamins:

Thiamin	n/a
Riboflavin	n/a
Niacin B3	n/a
Pantothenic Acid	n/a
Folic Acid	n/a
Vitamin B6	n/a
Vitamin B12	n/a
Vitamin C	0 ma

Updated For New Final Rule:

Meat/Meat Alternative	n/a
Grain/Breads	n/a
Fruit	n/a
Red/Orange	n/a
Dark Green	n/a
Starchy	n/a
Beans/Peas	n/a
Other	n/a
Notes:	n/a

Fat Soluble Vitamins:

Vitamin D IU	n/a
Vitamin E mg	n/a
Vitamin K	n/a
Vitamin A IU	0 IU

Minerals:

Phosphorous	n/a
Zinc	n/a
Magnesium	n/a
Copper	n/a
Selenium	n/a
Calcium	0 mg
Iron	1.8 mg
Manganese	n/a
lodine	n/a

Additional Images



