

Cereal Offerings

Apple Jacks

Sugar, corn flour, wheat flour, oat flour, salt, milled corn, dried apples, apple juice concentrate, modified cornstarch, cinnamon, sodium ascorbate and ascorbic acid (vitamin C), yellow #6, 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.

Cheerios

Whole Grain Oat includes (Oat Bran), Modified Corn Starch, Oat Fiber, Salt, Sugar, Tripotassium Phosphate, Calcium Carbonate, Niacinamide, Sodium Ascorbate, Vitamin C, Vitamin E, Wheat Starch Zinc, Iron, Vits and MinsL Folic Acid, Pyridoxine Hydrochloride, Vit B6, Riboflavin, Thiamine Mononitrate, B12, D3, Witamin A, Palmitate

Cinnamon Life

Oat(s) Flour Whole Grain, Sugar, Corn Flour, Wheat Flour Whole, Rice Flour, Calcium Carbonate, Salt, Cinnamon, Disodium Phosphate, Caramel Color, Iron Reduced, Niacinamide (Vitamin aB), Zinc Oxide, Dextrin, Yellow 6, BHT, Yellow 5, Red 40, Flavor(s) Natural, Thiamine Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (HCL), Riboflavin (Vitamin B2), Folic Acid (Vitamin aB), Blue 1

Cinnamon Toast Crunch

Wheat Whole Grain, Sugar, Rice Flour, Canola and/or Rice Bran Oil, Fructose, Maltodextrin, Dextrose, Salt, Cinnamon, Soy Lecithin, Trisodium Phosphate, Color(s) Added, BHT, Vitamin and Mineral Blend, Calcium Carbonate, Zinc, Iron, Sodium Ascorbate (Vitamin C), Niacinamide (Vitamin aB), Pyridoxine Hydrochloride (HCL), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D

Cocoa Krispies

Rice, Sugar, Cocoa Treated with Alkali, Chocolate Semisweet (Sugar, Chocolate, Dextrose), Vegetable(s) Oil Partially Hydrogenated Contains One Or More Of The Following (Coconut, Cottonseed, Soybean(s)) Salt, Flavoring Malt, Calcium Carbonate, Flavor (s) Artificial, Iron, Ascorbic Acid, Alpha Tocopherol (Tocopheryl) Acetate, Sodium Ascorbate (Vitamin C), Niacinamide (Vitamin aB), Zinc Oxide, Vitamin A Palmitate, Vitamin B6 Pyridoxine Hydrochloride, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), BHT, Folic Acid (Vitamin aB), Vitamin D, Vitamin B12

Cocoa Puffs

Corn Whole Grain, Sugar, Corn Syrup, Corn Starch Modified, Cocoa Processed with Alkali, Canola Oil and/or Rice Bran Oil, Color(s) Added, Salt, Fructose, Tricalcium Phosphate, Corn Starch, Flavor (s) Natural & Artificial, Trisodium Phosphate, Corn Starch, Flavor(s) Natural & Artificial, Trisodium Phosphate, Wheat Flour, Vitamin E (Tocopherols Mixed (Vitamin E)), BHT added To Preserve Freshness, Vitamins And Minerals : Calcium Carbonate, Zinc and Iron Mineral Nutrients, Vitamin C (Sodium Ascorbate (Vitamin C)), Vitamin aB (Niacinamide (Vitamin aB)), Vitamin B6 (Pyridoxine Hydrochloride (HCL)), Vitamin B1 (Thiamine Mononitrate (Vitamin B1)), Vitamin B12, Vitamin B2 (Riboflavin (Vitamin B2)), Vitamin D3, Vitamin aB (Folic Acid (Vitamin aB)), Vitamin A Palmitate

Cookie Crisp

Corn Whole Grain, Sugar, Sugar Brown, Corn Meal, Flavored Chips Chocolate (Sugar, Wheat Starch, Cocoa Processed with Alkali, Corn Starch, Corn Flour Yellow, Soybean(s) Oil, Corn Syrup Solids, Salt, Dextrose, Baking Soda, Chocolate Liquor, Monoglyceride Distilled, Soy Lecithin, Flavor(s) Natural & Artificial, Tricalcium Phosphate [Anti-Caking Agents]), Corn Starch Modified, Oat(s) Whole Grain, Rice Bran Oil and/or Canola Oil, Cocoa Processed with Alkali, Salt, Fructose, Tricalcium Phosphate, Corn Syrup, Flavor(s) Natural & Artificial, Trisodium Phosphate, Vitamin E (Tocopherols Mixed (Vitamin E)), BHT added To Preserve Freshness, Vitamins And Minerals : Calcium Carbonate, Zinc and Iron Mineral Nutrients, Vitamin C (Sodium Ascorbate (Vitamin C)), Vitamin aB (Niacinamide (Vitamin aB)), Vitamin B6 (Pyridoxine Hydrochloride (HCL)), Vitamin B2 (Riboflavin (Vitamin B2)), Vitamin B1 (Thiamine Mononitrate (Vitamin B1)), Vitamin B12, Vitamin D, Vitamin aB (Folic Acid (Vitamin aB)), Vitamin A Palmitate

Smart Start

Rice, Wheat Whole Grain, Corn Syrup High Fructose, Oat(s) Clusters (Sugar, Oat(s) Toasted [Oat(s) Rolled, Sugar, Canola Oil, with TBHQ and Citric Acid To Preserve Freshness, Molasses, Honey, BHT To Preserve Freshness, Soy Lecithin], Corn Syrup, Rice Crisp [Rice, Sugar, Malt, Salt], Polydextrose, Wheat Flakes, Flavor(s) Artificial Vanilla, BHT Preservative, Cinnamon, Honey), Salt, Sugar, Alpha Tocopherol (Tocopheryl) Acetate, Ascorbic Acid (Vitamin C), Honey, Flavoring Malt, Niacinimide, Iron Reduced, Sodium Ascorbate (Vitamin C), Zinc Oxide, BHT Preservative, Calcium Pantothenate, Folic Acid (Vitamin aB), Pyridoxine Hydrochloride (HCL) (Vitamin B6), Riboflavin (Vitamin B2) (Vitamin B2), Thiamine (Thiamin) Hydrochloride (Vitamin B1), Vitamin B12, Vitamin D, Yellow 5, Vitamin A Palmitate

Kix

Corn Meal, Oat(s) Whole Grain (Oat(s) Bran), Sugar, Corn Bran, Corn Starch Modified, Corn Syrup, Salt, Trisodium Phosphate, Vitamin E (Tocopherols Mixed (Vitamin E) To Preserve Freshness), Vitamins And Minerals : Calcium Carbonate, Iron, Zinc, Sodium Ascorbate (Vitamin C) (Vitamin C), Niacinamide (Vitamin aB), Pyridoxine Hydrochloride (HCL) (Vitamin B6), Riboflavin (Vitamin B2) (Vitamin B2), Thiamine Mononitrate (Vitamin B1) (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D3

Corn Chex

Corn Meal, Corn Whole Grain, Sugar, Corn Starch, Salt, Barley Malt Extract, Molasses, Baking Soda, BHT Freshness Preserved By Vitamins And Minerals, Calcium Carbonate, Iron, Zinc Mineral Nutrients, Vitamin C (Sodium Ascorbate (Vitamin C)), Vitamin aB (Niacinamide (Vitamin aB)), Vitamin B2 (Riboflavin (Vitamin B2)), Vitamin B1 (Thiamine Mononitrate (Vitamin B1)), Vitamin B6 Pyridoxine Hydrochloride, Vitamin A Palmitate, Vitamin aB (Folic Acid (Vitamin aB)), Vitamin B12, Vitamin D

General Mills Corn Flakes

Corn Meal, Calcium Carbonate, Sugar, Corn Starch, Salt, Sugar Brown Syrup, Malt Syrup, Corn Syrup, Corn Syrup High Maltose Dried, Vitamin C, Trisodium Phosphate, Zinc, Iron, Vitamin E, Vitamin aB, Vitamin aB, Color(s) Added, Vitamin B6, Vitamin B2, Vitamin B1, Vitamin aB, Vitamin A Palmitate, Vitamin B12, Vitamin D, Wheat Starch Freshness Preserved By BHT

Kelloggs Corn Flakes

Corn Milled, Sugar, Flavoring Malt, Corn Syrup High Fructose, Salt, Vitamins and Iron : Iron, Niacinamide (Vitamin aB), Sodium Ascorbate (Vitamin C) and Ascorbate Acid (Vitamin C), Pyridoxine Hydrochloride (HCL) (Vitamin B6), Riboflavin (Vitamin B2) (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), Vitamin B12 and Vitamin D, BHT To Preserve Freshness

Corn Pops

Corn Milled, Sugar, Corn Syrup, Molasses, Vegetable(s) Oil Partially Hydrogenated Contains One Or More Of The Following (Coconut Oil Partially Hydrogenated, Cottonseed Oil Partially Hydrogenated, Soybean(s) Oil Partially Hydrogenated) Salt, Ascorbic Acid (Vitamin C), Niacinamide (Vitamin aB), Pyridoxine Hydrochloride (HCL) (Vitamin B6), Iron Reduced, Riboflavin (Vitamin B2) (Vitamin B2), Sodium Ascorbate (Vitamin C) and Wheat Starch, Zinc Oxide, BHT To Preserve Freshness, Annatto Color, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D, Vitamin A Palmitate, Thiamin Hydrochloride (Vitamin B1)

Cracklin Oat Bran

Oat(s) Whole, Wheat Bran, Sugar Brown, Palm Oil, Oat(s) Bran, Corn Syrup, Sugar, Coconut, Wheat Starch Modified, Cinnamon, Malt Syrup, Baking Soda, Sodium Ascorbate (Vitamin C), Ascorbic Acid, Salt, Niacinamide (Vitamin aB), Nutmeg, Iron Reduced, Zinc Oxide, Pyridoxine Hydrochloride (HCL), Riboflavin (Vitamin B2), Vitamin A Palmitate, Thiamine (Thiamin) Hydrochloride, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D

Crispix

Corn Milled, Rice, Baking Soda, Sugar Brown, Flavoring Malt, Salt, Ascorbic Acid, Niacinamide (Vitamin aB), Pyridoxine Hydrochloride (HCL), Iron Reduced, Riboflavin (Vitamin B2), Thiamine (Thiamin) Hydrochloride, Turmeric, Zinc Oxide, Folic Acid (Vitamin aB), Vitamin A (Retinol Palmitate), Vitamin B12, Vitamin D

Crunch Berries (Cap'n Crunch)

Corn Flour, Sugar, Sugar Brown, Coconut Oil, Oat(s) Flour, Salt, Malic Acid, Maltodextrin, Niacinamide (Vitamin aB), Soybean(s) Oil Partially Hydrogenated, Sodium Citrate, Strawberry(ies) Juice from Concentrate, Flavor(s) Natural & Artificial, Corn Starch Modified, BHT To Preserve Freshness, Blue 1, Folic Acid (Vitamin aB), Pyridoxine Hydrochloride (HCL), Red 40, Iron Reduced, Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Yellow 5, Yellow 6, Zinc Oxide

Kashi Go Lean

Kashi Seven Whole Grains & Sesame Blend (Oat(s) Whole, Rice Brown Long Grain, Rye, Wheat Hard Red Winter, Triticale, Buckwheat, Barley, Sesame Seed(s)), Soy Protein Concentrate, Cane Juice Evaporated, Rice Brown Syrup, Chicory Root Fiber, Oat (s) Whole Grain, Kashi Seven Whole Grains & Sesame Flour (Oat(s) Whole, Rice Brown Long Grain, Rye, Wheat Hard Red Winter, Triticale, Buckwheat, Barley, Sesame Seed(s)), Canola Oil Expeller Pressed, Honey, Salt, Cinnamon, Tocopherols Mixed (Vitamin E)

Froot Loops

Sugar, Corn Flour, Wheat Flour, Oat(s) Flour Whole, Vegetable(s) Oil Partially Hydrogenated Contains One Or More Of The Following (Coconut, Soybean(s), Cottonseed) Salt, Red 40, Sodium Ascorbate (Vitamin C), Ascorbic Acid, Niacinamide (Vitamin aB), Iron Reduced, Orange(s) Natural, Lemon(s), Lime, Cherry(ies) Raspberry(ies), Blueberry(ies), Flavor(s) Natural, Blue 2, Yellow 5, Zinc Oxide, Yellow 6, Turmeric, Blue 1, Pyridoxine Hydrochloride (HCL), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), BHT, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D, Vitamin A Palmitate

Kellogg's Raisin Bran

Wheat Whole, Raisin(s), Corn Syrup High Fructose, Salt, Sugar, Wheat Bran, Flavoring Malt, Niacinamide (Vitamin aB), Pyridoxine Hydrochloride (HCL), Iron Reduced, Riboflavin (Vitamin B2), Thiamine (Thiamin) Hydrochloride, Vitamin A (Retinol Palmitate), Zinc Oxide, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D

Wheaties

Wheat Whole Grain, Sugar, Salt, Corn Syrup, Trisodium Phosphate, BHT, Vitamins And Minerals, Zinc, Iron, Niacinamide (Vitamin aB), Sodium Ascorbate (Vitamin C), Pyridoxine Hydrochloride (HCL), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D

Cap'n Crunch

Corn Flour, Sugar, Oat Flour, Brown Sugar, Coconut Oil, Salt, Niacinamide, Yello 5, Reduced Iron, Zinc Oxide, Yellow 6, Thiamine Mononitrate, BHT, Pyridoxine Hydrochloride, Riboflavin, Folic Acid

Frosted Flakes

Corn Milled, Sugar, Flavoring Malt, Corn Syrup High Fructose, Salt, Sodium Ascorbate (Vitamin C) and Ascorbic Acid (Vitamin C), Niacinamide (Vitamin aB), Iron, Pyridoxine Hydrochloride (HCL) (Vitamin B6), Riboflavin (Vitamin B2) (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), BHT (Preservative), Vitamin B12 and Vitamin D

Fruity Cheerios

Corn Whole Grain, Sugar, Oat(s) Whole Grain, Corn Syrup, Corn Starch, Orange(s) Juice Concentrate, Canola Oil and/or Rice Bran Oil, Salt, Corn Bran, Trisodium Phosphate, Red 40, Yellow 6, Blue 1, Other Color(s) Added, Sodium Citrate, Flavor(s) Natural, Wheat Flour, Vitamin E (Tocopherols Mixed (Vitamin E)), BHT, Sodium Benzoate added To Preserve Freshness, Vitamins And Minerals, Calcium Carbonate, Vitamin C (Sodium Ascorbate (Vitamin C)), Zinc, Iron Mineral Nutrients, Vitamin aB (Niacinamide (Vitamin aB)), Vitamin B1 (Thiamine Mononitrate (Vitamin B1)), Vitamin B12, Vitamin B2 (Riboflavin (Vitamin B2)), Vitamin B6 (Pyridoxine Hydrochloride (HCL)), Vitamin D, Vitamin aB (Folic Acid (Vitamin aB)), Vitamin A Palmitate

Golden Grahams

Wheat Whole Grain, Sugar, Corn Meal, Sugar Brown Syrup, Corn Starch Modified, Canola and/or Rice Bran Oil, Honey, Salt, Baking Soda, Calcium Carbonate, Dextrose, Trisodium Phosphate, Zinc, Iron, Sodium Ascorbate (Vitamin C), Niacinamide (Vitamin aB), Flavor(s) Artificial, Pyridoxine Hydrochloride (HCL), Riboflavin (Vitamin B2), Thiamine Mononitrate (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D, BHT

Lucky Charms

Lucky Charms (Oats, (Whole Grain Oats, Flour), Marshmallows (Sugar, Modified Corn Starch, Corn Syrup, Dextrose, Gelatin, Calcium Carbonate, Yellow 5 & 6, Blue 1, Red 40), Artificial Flavor, Sugar, Corn Syrup, Corn Starch, Salt, Calcium Carbonate, Artificial Color, Trisodium Phosphate, Zinc And Iron (Mineral Nutrients), Vitamin C (Sodium Ascorbic), A "B" Vitamin (Niacinamide), Vitamin B2 (Riboflavin), Vitamin B1, Thiamin Mononitrate), Vitamin A, (Palmitate), A B Vitamin (Folic Acid) Vitamin B12, Vitamin D, Vitamin E (Mixed Tocopherols) Added To Preserve Freshness.)

Rice Chex

Rice, Rice Whole Grain, Sugar, Salt, Molasses, Vitamin E (Tocopherols Mixed (Vitamin E) and), BHT To Preserve Freshness, Vitamins And Minerals : Calcium Carbonate, Iron, Zinc, Sodium Ascorbate (Vitamin C) (Vitamin C), Niacinamide (Vitamin aB), Pyridoxine Hydrochloride (HCL) (Vitamin B6), Riboflavin (Vitamin B2) (Vitamin B2), Thiamine Mononitrate (Vitamin B1) (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), Vitamin B12, Vitamin D3

Rice Krispies

Rice, Sugar, Salt, Flavoring Malt, Iron, Ascorbic Acid, Alpha Tocopherol (Tocopheryl) Acetate, Niacinamide (Vitamin aB), Vitamin A Palmitate, Vitamin B6 Pyridoxine Hydrochloride, Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Folic Acid (Vitamin aB), Vitamin B12, Vitamin D, BHT

Special K

Rice, Wheat Gluten, Sugar, Wheat Germ Defatted, Salt, Corn Syrup High Fructose, Whey Dried, Flavoring Malt, Calcium Caseinate, Ascorbic Acid, Alpha Tocopherol (Tocopheryl) Acetate, Iron Reduced, Niacinamide (Vitamin aB), Pyridoxine Hydrochloride (HCL), Riboflavin (Vitamin B2), Thiamin Hydrochloride (Vitamin B1), Vitamin A Palmitate, Folic Acid (Vitamin aB), Vitamin B12

Special K Berries

Rice, Sugar, Strawberry(ies) Freeze Dried, Corn Syrup High Fructose, Wheat Gluten, Wheat Whole, Alpha Tocopherol (Tocopheryl), Ascorbic Acid (Vitamin C), Wheat Germ Defatted, Flavoring Malt, Niacinamide (Vitamin aB), Iron Reduced, Salt, Wheat Flour, Folic Acid (Vitamin aB), Pyridoxine Hydrochloride (HCL) (Vitamin B6), Riboflavin (Vitamin B2) (Vitamin B2), Vitamin B12, Vitamin A Palmitate, Thiamin Hydrochloride (Vitamin B1)

General Mills Raisin bran

Wheat Whole Grain, Raisin(s), Sugar Brown Syrup, Corn Bran, Corn Syrup, Sugar, Annatto Extract Color, BHT To Preserve Freshness, Calcium Carbonate, Milk Non-Fat, Salt, Trisodium Phosphate, Zinc, Vitamins And Minerals : Vitamin B1 (Thiamine (Thiamin) Hydrochloride), Vitamin B12, Vitamin B2 (Riboflavin (Vitamin B2)), Vitamin B6 (Pyridoxine Hydrochloride (HCL)), Vitamin D3, Vitamin E Acetate, Iron, Vitamin C (Sodium Ascorbate (Vitamin C)), Vitamin aB (Calcium Pantothenate), Vitamin aB (Niacinamide (Vitamin aB)), Vitamin aB (Folic Acid (Vitamin aB)), Vitamin A Palmitate

Trix

Corn Meal, Corn Flour, Sugar, Corn Syrup, Canola Oil and/or Rice Bran Oil, Corn Starch Modified, Corn Starch, Salt, Guar Gum, Gum Arabic, Corn Syrup High Fructose, Calcium Carbonate, Dicalcium Phosphate, Trisodium Phosphate, Red 40, Yellow 6, Blue 1, Other Color Added, Baking Soda, Sodium Citrate, Flavor(s) Natural & Artificial, Citric Acid, Malic Acid, Zinc, Iron, Vitamin C, BHT, Vitamin B1, Vitamin B12, Vitamin B2, Vitamin B6, Vitamin D, Wheat Starch Freshness Preserved By Vitamin aB, Vitamin aB, Vitamin A Palmitate