

**CAPTAIN CRUNCH****005307 - Cereal Bulk Cap'n Crunch 34 Oz 4314**

CAP'N CRUNCH Cereal in a convenient money saving bulk pack; This is the correct item for purchase if you are including CAP'N CRUNCH Cereal on your menu for service or if you are including CAP'N CRUNCH Cereal from a dispenser on your breakfast bar or in an institutional location. Sold in 34 OZ packages. This package is not labeled for retail sale



# Nutrition Facts

**Servings per Container** 25  
**Serving size** 3/4cup(27g)CerealAlone

**Amount per serving**  
**Calories** 110

	% Daily Value*
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 12g	
Includes Added Sugar	<b>%</b>
<b>Protein</b> 1g	
Vitamin D	<b>%</b>
Calcium	<b>0%</b>
Iron	<b>25%</b>
Potassium 35mg	<b>1%</b>

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### \* Benefits

Ingredients	Allergens
CORN FLOUR, SUGAR, OAT FLOUR, BROWN SUGAR, PALM AND/OR COCONUT OIL, SALT, REDUCED IRON, YELLOW 5, NIACINAMIDE*, ZINC OXIDE, YELLOW 6, THIAMIN MONONITRATE*, RIBOFLAVIN*, BHT (PRESERVATIVE), PYRIDOXINE HYDROCHLORIDE*, FOLIC ACID*, TOCOPHEROLS (PRESERVATIVE). *ONE OF THE B VITAMINS	

### Handling Suggestions

All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.

### Serving Suggestions

Serve at breakfast bar or include as a menu option. Serve with a side of milk and fruit

### Prep & Cooking Suggestions

Ready to serve. Include on menu or display on breakfast bar with milk or milk substitute. Have berries or other fruit available to garnish. Contact PepsiCo Foodservice for Display Options

### Product Specifications

Brand	Manufacturer	Product Category
CAPTAIN CRUNCH	PepsiCo Food Service	Cold Cereal

MFG #	SPC #	GTIN	Pack	Pack Desc.
10030000431402	005307	10030000431402	4	4 / cs

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
9.76lb	8.5lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
16in	12in	12.19in	1.35ft3	10x4	270DAYS	35°F / 85°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1.5g	Sodium	200mg
Protein	1	Trans Fats	0g	Calcium	
Total Carbohydrates...	23g	Saturated Fat	0.5g	Iron	
Sugars	12g	Added Sugars		Potassium	35mg
Dietary Fiber	1g	Polyunsaturated Fat	0g	Zinc	
Lactose		Monounsaturated Fat	0g	Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2	
Monosodium		Sulphites		Nitrates	

Additional Images

