







About 6 servings per container **Serving size** 11/2 **Cup (42g** 

		150		with 3/4 cup skim milk 210		ı
	Calories					
			% DV*		% DV*	ı
	Total Fat	1.5g	2%	1.5g	2%	
	Saturated Fat	1g	5%	1g	5%	ı
	Trans Fat	0g		0g		ı
	Polyunsat. Fat	0g		0g		ı
	Monounsat. Fat	0g		0g		ı
	Cholesterol	0mg	0%	<5mg	1%	ı
	Sodium	200mg	9%	270mg	12%	ı
	Total Carb.	36g	13%	45g	16%	
	Dietary Fiber	4g	14%	4g	14%	ľ
	Total Sugars	17g		27g		ľ
	Incl. Added Sugars	17g	34%	17g	34%	
	Protein	2g		8g		ı
						ŀ
	Vitamin D	1.7mcg	8%	3.9mcg	20%	ı
	Calcium	30mg	2%	250mg	20%	ı
	Iron	4mg	20%	4mg	20%	ı
	Potassium	100mg	2%	380mg	8%	ı
	Thiamin		15%		25%	ľ
	Riboflavin		15%		40%	ı
	Niacin		15%		25%	
	Vitamin B <sub>6</sub>		15%		20%	
	Folate	///	15%	(10	20%	ľ

<mark>ngredients: Corn flour blend</mark> (whole gra ow corn flour, degerminated yellow n flour), **sugar, marshmallows** (suga rocessed with alkali, contains 2% or ss of vegetable oil (hydrogenated coluble corn fiber, natural flavors, calcium carbonate, red 40, yellow 5, blue 1, yellow 6, BHT for freshness.

litamins and Minerals: Niacinamide, uced iron, vitamin B<sub>6</sub> (pyridoxine Irochloride), vitamin B<sub>2</sub> (riboflavin), min B<sub>1</sub> (thiamin hydrochloride), folic

CONTAINS WHEAT INGREDIENTS

**Questions or Comments** 

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Celebrate Halloween with Charlie Brown and friends —while Linus waits for the Great Pumpkin!



SCHROEDER

## Boo Who?

to reveal who is

PATTY



CHARLIE I GOT A ROCK...



LUCY

Find the 2 pumpkins in the patch that



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