



QUAKER.
—ESTD 1837—

They're made with whole grains* and are a good source of fiber. When enjoyed with ½ cup milk, Quaker® Oatmeal Squares provide 10 grams of protein per serving without losing their signature satisfying crunch. And, with just a taste of sweetness, these little squares are perfectly snackable.

FRESH BERRY MIXES &
CRISPER SOFTENERS



****Whole grain content from whole grain oats and whole grain wheat ingredients.**



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**GOOD SOURCE
OF FIBER**

10g
PROTEIN
WITH MILK

SEE SIDE PANEL FOR
MORE INFORMATION



OATMEAL SQUARES

CINNAMON

CRUNCHY OAT CEREAL



**HEART
HEALTHY**

100% WHOLE GRAINS

Diets rich in whole grain foods and other plant foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.

FRESH FRUIT ADDED AS
SERVING SUGGESTION
ENLARGED IMAGE

NET WT 21 OZ (1 LB 5 OZ) 596 g

Per serving

210 CALORIES	0g SAT FAT	190mg SODIUM	9g ADDED SUGARS
0% DV	0% DV	8% DV	18% DV



OATMEAL SQUARES

IPC / PURCHASE SPAL



1



Nutrition Facts

Serving size 1 cup

	Cereal alone	with 1/2 cup of Vit. A & D fortified skim milk
Total Fat	21g	25g

Calories		210		250	
		%DV*	%DV*	%DV*	%DV*
Total Fat	2.5g	4%	3%	4%	
Saturated Fat	0g	0%	0%	3%	
Trans Fat	0g	0%			
Polysat. Fat	1g	1g			
Monosat. Fat	1g	1g			
Cholesterol				<5mg	1%
Sodium	190mg	8%	24%	10%	
Total Carb.	44g	16%	50%	18%	
Dietary Fiber	5g	17%	5%	17%	
Total Sugars	10g	16g			
Incl. Added Sugars	9g	18%	9g	18%	
Protein	8g	5%	10g	16%	
Vitamin D	0mcg	0%	1.5mcg	3%	
Calcium	30mg	2%	180mg	10%	
Iron	16.1mg	30%	16.1mg	30%	
Potassium	200mg	4%	390mg	8%	
Vitamin E			1.2mg	2.3mg	15%
Thiamin	0.24mg	20%	0.3mg	25%	
Folate DFE	200mcg	50%	200mcg	50%	
Phosphorus	110mg	22%	110mg	22%	
DFFE	190mg	59%	310mg	26%	
Magnesium	65mg	15%	65mg	15%	
Zinc	1.1mg	10%	1.7mg	15%	

* 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.

INGREDIENTS: Whole grain oat flour, whole wheat flour, sugar, maltodextrin, malted barley extract, molasses, brown sugar, cinnamon, salt, baking soda, natural flavor, mixed tocopherols (to preserve freshness), reduced iron, folic acid*.

CONTAINS WHEAT INGREDIENTS

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This package is sold by weight not by volume. Some settling may have occurred during shipping and handling.