

# Nutrition Facts

About X servings per container  
**Serving size 21 biscuits (60g)**

Amount per serving  
**Calories 210**

% Daily Value\*

<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 50g	<b>18%</b>
Dietary Fiber 6g	<b>23%</b>
Soluble Fiber 1g	
Insoluble Fiber 5g	
Total Sugars 12g	
Includes 12g Added Sugars	<b>24%</b>

**Protein** 5g

Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 16.8mg	90%
Potassium 220mg	4%
Thiamin	35%
Riboflavin	25%
Niacin	30%
Vitamin B <sub>6</sub>	30%
Folate 360mcg DFE (215mcg folic acid)	90%
Vitamin B <sub>12</sub>	40%
Phosphorus	15%
Magnesium	10%
Zinc	40%

\* 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 Wheat, Sugar, Gelatin. BHT added to preserve freshness.

**Vitamins and Minerals:** Reduced Iron, Niacinamide (Vitamin B3), Folic Acid, Zinc Oxide (source of zinc), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin B12.

**CONTAINS WHEAT.**

# Post Consumer Brands Frosted Shredded Wheat FW-100.1 RTE (Not Kosher)

**Regulatory NFP Released: 03/29/17**  
**Graphics NFP Released: 03/29/17**

Nutrition Facts have been developed to comply with current Federal regulations.

Product	Pack/Size	Case UPC	GTIN
Frosted Mini Spooners	6/36 oz	09826	100-42400-09826-0

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/Pallet
15.26	1.74	20 x 16 x 9.38	6 / 5	30



# Formulation Statement for Documenting Grains in School Meals

(Crediting Standards Based on Revised Exhibit A weights per oz equivalent)

**Product Name:** Malt-O-Meal Frosted Mini Spooners Bulk (6/36 oz)  
**Manufacturer:** Post Consumer Brands

**Code No:** 09826  
**Serving Size:** 1 oz

- I. Does the product meet the Whole Grain-Rich Criteria: Yes**  
 (Refer to SP 30-2012 Grain Requirements for National School Lunch Program and School Breakfast Program.)
- II. Does the product contain non-creditable grains: No**                      **How many grams:** 0  
 (Products with more an .24oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit toward the grain requirements for school meals.)
- III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals).**  
 (Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains. Group A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group (A-I) the Product Belongs: I

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
RTE Cereal	1	1	1
<b>Total Creditable Amount<sup>1</sup></b>			<b>1</b>

<sup>1</sup>Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

**Total weight (per portion) of product as purchased:** 1 oz  
**Total contribution of product (per portion)** 1 **oz equivalent**

I further certify that the above information is true and correct and the a 1 ounce portion of this product (ready for serving) provides 1 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Merrilee Olson    6/30/22  
**Signature & Date**

Merrilee Olson  
**Printed Name**

National Sales Manager - K12  
**Title**

763-245-0853  
**Phone #**

