

Post

FOODSERVICE

BOWL PACK CEREAL

A full line of BOWL PACK cereals for your school breakfast and CACFP needs. Plus many more varieties for hospitality and healthcare. Great for grab-and-go!

Versatile offerings work on the tray line, as well as after school and summer feeding programs!

NEW!

Post Branded Bowl Packs



Honey Scooters CEREAL Special Edition

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1.5g	3%	Total Carbohydrate 22g	8%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g	0%	Total Sugars 5g	10%
Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
Sodium 170mg	3%	Protein 2g	4%
Vitamin D 0%	0%	Iron 15%	40%
Thiamin 10%	20%	Calcium 10%	20%
Riboflavin 10%	20%	Total DFE (15mg folic acid)	6%
Niacin 10%	20%		
Panthenol 10%	20%		

Ingredients: Whole Grain Oat Flour, Whole Grain Oat, Sugar, Caramel Color, Molasses, Natural Flavors, Honey, Cinnamon, Baking Soda, Soy Lecithin, Potassium Sorbate (Preservative), Vitamin E (Mixed Tocopherols), Thiocyanate, Reduced Iron, Folic Acid, Ascorbic Acid, Vitamin B1, Calcium Pantothenate, Vitamin B2, Vitamin B12, Vitamin B6, Vitamin B3, Vitamin B5, Vitamin B9, Vitamin B11, Vitamin B12, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B11, Vitamin B12, Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B9, Vitamin B11, Vitamin B12.

NET WT 1 OZ (28g)

Honey Bunches of Oats VANILLA MADE WITH WHOLE GRAIN CEREAL

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1.5g	3%	Total Carbohydrate 22g	8%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g	0%	Total Sugars 5g	10%
Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
Sodium 170mg	3%	Protein 2g	4%
Vitamin D 0%	0%	Iron 15%	40%
Thiamin 10%	20%	Calcium 10%	20%
Riboflavin 10%	20%	Total DFE (15mg folic acid)	6%
Niacin 10%	20%		
Panthenol 10%	20%		

Honey Bunches of Oats HONEY CRUNCH MADE WITH WHOLE GRAIN CEREAL

Nutrition Facts
Serving size 1 bowl (28g)
Calories 100 per serving

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1.5g	3%	Total Carbohydrate 22g	8%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g	0%	Total Sugars 5g	10%
Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
Sodium 170mg	3%	Protein 2g	4%
Vitamin D 0%	0%	Iron 15%	40%
Thiamin 10%	20%	Calcium 10%	20%
Riboflavin 10%	20%	Total DFE (15mg folic acid)	6%
Niacin 10%	20%		
Panthenol 10%	20%		

Fruity Pebbles CEREAL

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1g	2%	Total Carbohydrate 24g	8%
Saturated Fat 0g	0%	Dietary Fiber 1g	3%
Trans Fat 0g	0%	Total Sugars 10g	20%
Cholesterol 0mg	0%	Incl. 10g Added Sugars	20%
Sodium 150mg	3%	Protein 1g	2%
Vitamin D 10%	20%	Iron 4%	10%
Thiamin 30%	60%	Calcium 20%	40%
Riboflavin 30%	60%	Total DFE (15mg folic acid)	6%
Niacin 30%	60%		
Panthenol 30%	60%		

SHREDDED WHEAT Frosted Strawberry Cereal

Nutrition Facts
Serving size 1 bowl (28g)
Calories 100 per serving






Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 0.5g	1%	Total Carbohydrate 23g	8%
Saturated Fat 0g	0%	Dietary Fiber 3g	8%
Trans Fat 0g	0%	Total Sugars 5g	10%
Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
Sodium 0mg	0%	Protein 3g	6%
Vitamin D 0%	0%	Iron 10%	20%
Thiamin 10%	20%	Calcium 10%	20%
Riboflavin 10%	20%	Total DFE (15mg folic acid)	6%
Niacin 10%	20%		
Panthenol 10%	20%		











SHREDDED WHEAT Frosted Blueberry Cereal

Nutrition Facts
Serving size 1 bowl (28g)
Calories 100 per serving

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 0.5g	1%	Total Carbohydrate 23g	8%
Saturated Fat 0g	0%	Dietary Fiber 3g	8%
Trans Fat 0g	0%	Total Sugars 5g	10%
Cholesterol 0mg	0%	Incl. 5g Added Sugars	10%
Sodium 0mg	0%	Protein 3g	6%
Vitamin D 0%	0%	Iron 10%	20%
Thiamin 10%	20%	Calcium 10%	20%
Riboflavin 10%	20%	Total DFE (15mg folic acid)	6%
Niacin 10%	20%		
Panthenol 10%	20%		

BOWL PACK CEREAL

UPC	PRODUCT	PACK SIZE	OZ EQUIV GRAIN	K12 QUALIFIED WHOLE GRAIN	SMART SNACK QUALIFIED	CACFP	≤ 6g SUGAR per 1 oz. grain eq.
1 OZ. GRAIN EQUIVALENT BOWL PACKS							
108-84912-27315-1	 Honey Bunches of Oats Whole Grain Honey Crunch	96/1 oz	1	★	★	★	★
108-84912-34523-0	 Honey Bunches of Oats Whole Grain Vanilla	96/1 oz	1	★	★	★	★
108-84912-27177-5	 Frosted Shredded Wheat	96/1 oz	1	★	★	★	★
108-84912-27154-6	 Frosted Shredded Wheat Blueberry	96/1 oz	1	★	★	★	★
108-84912-27150-8	 Frosted Shredded Wheat Strawberry	96/1 oz	1	★	★	★	★
108-84912-29594-8	 Fruity Pebbles 	96/1 oz	1				
100-42400-27596-8	 Marshmallow Mateys 	96/1 oz	1	★	★	★	★
100-42400-27164-9	 Scooters	96/1 oz	1	★	★	★	★
100-42400-27597-5	 Honey Scooters 	96/1 oz	1	★	★	★	★
100-42400-03915-7	 Cinnamon Toasters	96/1 oz	1	★	★		
100-42400-00715-6	 Raisin Bran	96/1.25oz	1	★	★		
100-42400-04515-8	 Honey Graham Toasters	96/1 oz	1	★	★		
100-42400-02415-3	 Berry Colossal Crunch	96/1 oz	1				
100-42400-01515-1	 Coco-Roos	96/.88oz	0.75				
100-42400-00615-9	 Corn Flakes	96/.75oz	0.75				★
100-42400-00542-8	 Crispy Rice 	96/.63oz	0.5				★
100-42400-01015-6	 Frosted Flakes	96/1 oz	1				
100-42400-01315-7	 Tootle Fruities	96/.75oz	0.75				

2 OZ. GRAIN EQUIVALENT BOWL PACKS							
108-84912-27313-7	 Honey Bunches of Oats Whole Grain Honey Crunch	48/2 oz	2	★	★	★	★
108-84912-27312-0	 Honey Bunches of Oats Whole Grain Vanilla	48/2 oz	2	★	★	★	★
108-84912-27149-2	 Frosted Shredded Wheat	48/2 oz	2	★	★	★	★
108-84912-27163-8	 Frosted Shredded Wheat Blueberry	48/2 oz	2	★	★	★	★
108-84912-27162-1	 Frosted Shredded Wheat Strawberry	48/2 oz	2	★	★	★	★
100-42400-05940-7	 Marshmallow Mateys	48/2 oz	2	★	●		
100-42400-08676-2	 Honey Scooters	48/2 oz	2	★	★		
100-42400-13820-1	 Cinnamon Toasters	48/2 oz	2	★	★		
100-42400-03759-7	 Honey Graham Toasters	48/2 oz	2	★	●		
100-42400-00955-6	 Frosted Flakes	48/2 oz	2				



● - This grain only-entrée does not qualify on its own to be sold as a competitive food, but can be served as a competitive food the same day as service or the following day if the school participates in the School Breakfast Program and has designated the item as the entrée in the reimbursable breakfast meal per the USDA Memo SP35-2014: <http://www.fns-prod.azureedge.net/sites/default/files/cn/SP35-2014os.pdf>

 = Gluten Free



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FOODSERVICE

Reach out to your PCB Sales Representative or visit www.postconsumerbrands.com/food-service/ to learn more

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