

# Post

**FOODSERVICE**

# K-12 PRODUCT GUIDE

2022-23 School Year



# K-12 PRODUCT GUIDE

	CASE CODE	PACK/SIZE	OZ EQ GRAIN	SHELF LIFE (MO)	KOSHER SYMBOL	SERVING SIZE(g)	TOTAL CALORIES	TOTAL FAT (g)	TOTAL FAT (%DV)	SAT FAT (g)	SAT FAT (%DV)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	TOTAL DIETARY FIBER (g)	SUGAR (g)	ADDED SUGARS (g)	PROTEIN (g)	K12 QUALIFIED WHOLE GRAIN	SMART SNACK QUALIFIED	CACFP	S&G SUGAR per 1 OZ eq. grain
<b>Post SMALL BOWLS</b>																						
<b>NEW!</b>	Honey Bunches of Oats Whole Grain Honey Crunch	84912-27315	96/1 oz	1	12	Ⓢ	28	110	1.5	2	0	0	75	23	2	6	5	2	★	★	★	★
<b>NEW!</b>	Honey Bunches of Oats Vanilla	84912-34523	96/1 oz	1	12	Ⓢ	28	110	1.5	2	0	0	75	23	2	6	5	2	★	★	★	★
	Frosted Shredded Wheat	84912-27177	96/1 oz	1	12		28	100	0.5	0	0	0	0	23	3	6	6	3	★	★	★	★
	Frosted Shredded Wheat Blueberry	84912-27154	96/1 oz	1	12		28	100	0.5	1	0	0	0	23	3	5	5	3	★	★	★	★
	Frosted Strawberry Shredded Wheat	84912-27150	96/1 oz	1	12		28	100	0.5	0	0	0	0	23	3	5	5	3	★	★	★	★
	Fruity Pebbles™ <b>GF</b>	84912-29594	96/1 oz	1	12	Ⓢ	28	110	1	1	0	0	150	24	0	10	10	1				
<b>Malt &amp; Meal SMALL BOWLS</b>																						
	Cinnamon Toasters®	42400-03915	96/1 oz	1	12		28	120	3.5	4	0	0	135	21	1	9	9	1	★	★		
	Crispy Rice <b>GF</b>	42400-00542	96/.63oz	.50	12	Ⓢ	18	70	0	0	0	0	105	16	0	2	2	1				★
	Honey Graham Toasters	42400-04515	96/1 oz	1	12		28	110	3	4	0	0	240	22	1	10	10	1	★	★		
	Honey Scooters <b>SPECIAL EDITION</b>	42400-27597	96/1 oz	1	9	Ⓢ	28	110	1.5	2	0	0	170	22	2	6	6	3	★	★	★	★
	Marshmallow Mateys <b>SPECIAL EDITION</b>	42400-27596	96/1 oz	1	9		28	110	1.5	2	0	0	270	22	2	6	6	3	★	★	★	★
	Raisin Bran	42400-00715	96/1.25oz	1.25	12	Ⓢ	35	110	0.5	1	0	0	140	27	5	11	5	3	★	★		
	Scooters	42400-27164	96/1 oz	1	10	Ⓢ	28	110	2	3	0.5	3	140	21	3	0	0	3	★	★	★	★
<b>Post LARGE BOWLS</b>																						
<b>NEW!</b>	Honey Bunches of Oats Whole Grain Honey Crunch	84912-27313	48/2 oz	2	12	Ⓢ	57	220	3	4	0	0	150	47	4	12	11	4	★	★	★	★
<b>NEW!</b>	Honey Bunches of Oats Vanilla	84912-27312	48/2 oz	2	12	Ⓢ	57	220	3	4	0	0	150	46	4	12	11	45	★	★	★	★
	Frosted Shredded Wheat	42400-27149	48/2 oz	2	12		56	190	1	1	0	0	5	46	6	12	11	5	★	★	★	★
	Frosted Shredded Wheat Blueberry	42400-27163	48/2 oz	2	12		56	200	1	1	0	0	5	46	6	11	11	5	★	★	★	★
	Frosted Strawberry Shredded Wheat	24200-27162	48/2 oz	2	12		56	190	1	1	0	0	5	46	6	11	10	5	★	★	★	★
<b>Malt &amp; Meal LARGE BOWLS</b>																						
	Cinnamon Toasters®	42400-13820	48/2 oz	2	12		56	240	7	9	1.0	5	270	43	3	18	19	3	★	★		
	Honey Graham Toasters	42400-03759	48/2 oz	2	12		56	230	6	7	1.0	4	480	43	3	19	20	3	★	●		
	Honey Scooters	42400-08676	48/2 oz	2	12	Ⓢ	57	220	2.5	3	0	0	390	46	3	17	17	4	★	★		
	Marshmallow Mateys	42400-05940	48/2 oz	2	11		56	210	2	3	0	0	380	47	3	23	23	4	★	●		













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<b>CEREAL POUCHES</b>																						
Honey Bunches of Oats Granola	84912-37482	144/1oz	1	XX	Ⓢ	28	120	3.5	4	0	0	0	0	21	2	6	6	2	★	★	★	★
Honey Bunches of Oats Vanilla	84912-36785	96/1oz	1	XX	Ⓢ	28	110	1.5	2	0	0	0	75	23	2	6	5	2	★			★
Honey Bunches of Oats Honey Crunch	84912-36786	96/1oz	1	XX	Ⓢ	28	110	1.5	2	0	0	0	75	23	2	6	5	2	★			★
Marshmallow Mateys Special Edition	42400-36780	96/1oz	1	XX		28	110	1.5	2	0	0	0	270	22	2	6	6	3	★	★	★	★
Cinnamon Toasters	42400-36779	96/1oz	1	XX	Ⓢ	28	120	3.5	4	0	0	0	130	21	1	9	9	1	★	★	★	
Honey Graham Toasters	42400-36777	96/1oz	1	XX	Ⓢ	28	120	3	4	0	0	0	230	22	1	10	10	1	★			






<b>MaltoMeal BULK READY TO EAT CEREALS</b>																						
Cinnamon Granola	42400-07485	4/50 oz	1	9	Ⓢ	20	90	2.5	3	0	0	0	40	15	1	5	5	1	★	★	★	★
Cinnamon Toasters	42400-09831	6/30 oz	1	12		42	120	3.5	4	0	0	0	135	21	1	9	9	1	★	★		
Frosted Mini Spooners	42400-09826	6/36 oz	2	12		60	100	0.5	0	0	0	0	0	23	3	6	6	3	★	★	★	★
Honey Graham Toasters	42400-18904	9/24 oz	1	12		42	110	3	4	0	0	0	240	22	1	10	10	1	★	★		
Honey Scooters	42400-09818	4/44 oz	1	12	Ⓢ	41	110	1	2	0	0	0	190	22	2	8	8	2	★	★		
Marshmallow Mateys	42400-09821	4/42 oz	1	11		42	110	1	1	0	0	0	190	23	1	11	11	2	★	★		
Raisin Bran	42400-09816	6/36 oz	2	12	Ⓢ	60	90	0.5	1	0	0	0	110	22	4	9	4	2	★	★		
Scooters	42400-09813	4/34 oz	1	10	Ⓢ	41	110	2	3	0.5	3	0	140	21	3	0	0	3	★	★	★	★
Strawberry Cream Mini Spooners	42400-06237	8/36 oz	2	12		60	100	0.5	0	0	0	0	0	23	3	5	5	3	★	★	★	★

<b>HEARTY TRADITIONS OATMEAL Products</b>																						
Regular Instant Oatmeal	42400-19506	200/1 oz	1	18	Ⓢ	28	100	2.0	2	0	0	0	105	19	3	0	0	4	★	★	★	★
Maple & Brown Sugar Oatmeal	42400-11850	200/1.51 oz	1.5	18	Ⓢ	43	160	2.0	2	0	0	0	240	33	3	14	13	4	★	●		
Apples & Cinnamon Oatmeal	42400-11851	200/1.25 oz	1.25	18	Ⓢ	35	120	1.0	2	0	0	0	200	28	3	15	11	2	★	●		
Quick Oatmeal Tube	42400-04650	12/42 oz	1.25	20	Ⓢ	40	150	3	4	0.5	3	0	0	27	4	0	0	5	★	★	★	★
Old Fashioned Oatmeal	42400-04651	12/42 oz	1.25	20	Ⓢ	40	150	3	4	0.5	3	0	0	27	4	0	0	5	★	★	★	★

# K-12 PRODUCT DESCRIPTIONS

PRODUCT + DESCRIPTION	AVAILABLE IN
<b>READY TO EAT CEREAL</b>	
 <b>Honey Bunches of Oats Whole Grain Honey Crunch</b> A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin Fortified. Only 6g sugar per 1 oz eq grain serving. No artificial flavors. CACFP & Smart Snack Compliant.	1oz Bowl 2oz Bowl 1oz Pouch
 <b>Honey Bunches of Oats Vanilla</b> Toasty multi-grain flakes, crunchy granola oat clusters and the delicious taste of real vanilla. Vitamin Fortified. Only 6g sugar per 1 oz eq grain serving. No artificial flavors or certified synthetic colors. CACFP & Smart Snack Compliant.	1oz Bowl 2oz Bowl 1oz Pouch
 <b>Honey Bunches of Oats GRANOLA</b> Made with whole grain oats and a touch of honey for that crunchy, sweet and satisfying taste. No artificial flavors or certified synthetic colors. CACFP & Smart Snack Compliant.	1oz Pouch
 <b>Frosted Shredded Wheat</b> Lightly frosted shredded wheat biscuits. 6g sugar per 1 oz equivalent grain. Vitamin Fortified. No artificial flavors or certified synthetic colors.	1oz Bowl 2oz Bowl
 <b>Frosted Shredded Wheat Blueberry</b> Lightly frosted shredded wheat biscuits with natural blueberry flavor and freeze dried granulated blueberries. 6g sugar per 1 oz equivalent grain. Vitamin Fortified. No artificial flavors or certified synthetic colors.	1oz Bowl 2oz Bowl
 <b>Frosted Shredded Wheat Strawberry</b> Lightly frosted shredded wheat biscuits naturally flavored with strawberry. 6g sugar per 1 oz equivalent grain. Vitamin Fortified. No artificial flavors or certified synthetic flavors.	1oz Bowl 2oz Bowl
 <b>Cocoa Pebbles</b> A sweetend crispy rice cereal for anyone who wants to start their day in a chocolatey way. Vitamin Fortified. Gluten Free.	Bulk Bag
 <b>Fruity Pebbles</b> A sweetend crispy rice cereal with an intense fruity flavor. Vitamin Fortified. Gluten Free.	1oz Bowl Bulk Bag
 <b>Cinnamon Granola</b> Chunks of rolled oats and crisp rice with real cinnamon. No artificial flavors or certified synthetic colors.	Bulk Bag
 <b>Cinnamon Toasters</b> A puffed, sweetened toasted oat cereal in anchor-shaped pieces with marshmallows. 6g sugar per 1 oz equivalent grain. Vitamin Fortified.	1oz Bowl 2oz Bowl 1oz Pouch Bulk Bag
 <b>Crispy Rice</b> Oven toasted rice cereal that delivers simplicity in every spoonful. Vitamin fortified and Gluten Free.	0.63 oz Bowl
 <b>Frosted Mini Spooners</b> Lightly frosted shredded wheat biscuits. Excellent source of 8 vitamins and minerals.	Bulk Bag
 <b>Honey Graham Toasters</b> A honey graham cereal made from whole grain wheat and corn meal. Vitamin Fortified. No artificial flavors or certified synthetic colors.	1oz Bowl 1oz Pouch 2oz Bowl Bulk Bag

PRODUCT + DESCRIPTION	AVAILABLE IN
<b>READY TO EAT CEREAL</b>	
 <b>Honey Scooters</b> A puffed, toasted cereal in donut-shaped pieces with real honey. Vitamin Fortified. No artificial flavors or certified synthetic colors. NO NUTS.	2oz Bowl Bulk Bag
 <b>Honey Scooters <span style="background-color: #28a745; color: white; padding: 2px;">SPECIAL EDITION</span></b> A puffed, toasted cereal in donut-shaped pieces with real honey. 6g sugar per 1 oz equivalent grain. Low fat. Vitamin Fortified. No artificial flavors or certified synthetic colors. NO NUTS.	1oz Bowl
 <b>Marshmallow Matey <span style="background-color: #28a745; color: white; padding: 2px;">SPECIAL EDITION</span></b> A puffed, sweetened toasted oat cereal in anchor-shaped pieces with marshmallows. 6g sugar per 1 oz equivalent grain. Vitamin Fortified.	1oz Bowl 1oz Pouch
 <b>Marshmallow Mateys</b> A puffed, sweetened toasted oat cereal in anchor-shaped pieces with marshmallows. Vitamin Fortified.	2oz Bowl Bulk Bag
 <b>Raisin Bran</b> Flakes of whole grain wheat and wheat bran with raisins. Vitamin Fortified.	1.25oz Bowl Bulk Bag
 <b>Scooters</b> A puffed, lightly sweetened whole grain oat cereal in donut-shaped pieces. Vitamin Fortified.	1oz Bowl Bulk Bag
 <b>Strawberry Cream Mini Spooners</b> Lightly frosted shredded wheat biscuits with a strawberry cream flavor. Excellent source of 8 vitamins and minerals.	Bulk Bag

<b>OATMEAL</b>	
 <b>Regular Instant Oats</b> Whole Grain Rolled Oats. Vitamin Fortified. No artificial flavors.	Packets
 <b>Maple &amp; Brown Sugar Instant Oats</b> Whole Grain Rolled Oats. Vitamin Fortified. Maple & Brown Sugar Flavored. No artificial flavors.	Packets
 <b>Apples &amp; Cinnamon Instant Oats</b> Whole Grain Rolled Oats with real apples and cinnamon. Vitamin Fortified. No artificial flavors or certified synthetic colors.	Packets
 <b>Quick Oats Tube</b> 100% Whole Grain Rolled Oats. Quick cooking rolled oats. May be prepared on the stove top or in the microwave.	Oats Tube
 <b>Old Fashioned Oats Tube</b> 100% Whole Grain Rolled Oats. Old Fashioned rolled oats. May be prepared on the stove top or in the microwave.	Oats Tube



● 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>

