

Product Information



FOODSERVICE

Frosted Shredded Wheat Blueberry - small bowl pack

Post Frosted Shredded Wheat Blueberry Bowl Pack	FWY 100 BP	Lightly frosted shredded wheat biscuits with natural blueberry flavor and freeze dried granulated blueberries. Only 5g sugar per 1 oz eq grain. Excellent source of 8 vitamins and minerals. No artificial flavors or certified synthetic colors.
Pack & Size	96 / 1 oz	
Top Seller - Meets K12 1 oz Equivalent Grain		
Case	27154	All Family Favorite Only 5g Sugar - CACFP Qualified Whole Grain Wheat 1st Ingredient 22g whole grain per 28g serving. Smart Snack Qualified 1 bowl = 1 oz equivalent grain No Artificial Flavors No Certified Synthetic Colors No BHT No High Fructose No Nuts
Case GTIN	1 08 84912 27154 6	
Shipping Weight (lbs.)	8.67	
Case Cube (cu. ft.)	1.79	
Case Dimensions LxWxH (inches)	16.56 x 13 x 14.38	
Pallet: Tier (Cases per layer)	9	
Pallet: Hi (Number of Layers)	3	
Cases per pallet	27	
Meets USDA Whole Grain Criteria	yes: 1st Ingredient = Whole Grain Wheat	
Allergens Present	Wheat	
Country of Origin	USA	



Actual Bowl Pack Lid pictured below



oz equivalent grain	1 oz
% Whole Grain	100%
< 6.99g non-creditable grains per 1 oz	✓
≤ 150 calories	✓
≤ 35% calories from fat	✓
≤ 10% calories from saturated fat	✓
≤ 35% sugar by weight	✓
0g trans fat per serving	✓
Smart Snack Qualified	✓
Shelf Life (days)	365
Kosher Symbol	none
Calories per serving	100
Total Fat	0.5g
Sodium	0g
Total Carbs	23g
Dietary Fiber	3g
Sugar	5g
Protein	3g

Formulation Statement for Documenting Grains in School Meals

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

Product Name: Post Frosted Shredded Wheat Blueberry Bowl Pack

Code No: 27154

Manufacturer: Post Consumer Brands

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
Total Creditable Amount¹			1

¹Total 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 1/15/2022

Signature & Date

Merrilee Olson
Printed Name

National Sales Manager - K12
Title

763-245-0853
Phone #

 SMART SNACKS
PRODUCT CALCULATOR



Smart Snacks Product Calculator Results

Brand:
Post

Product Name:
Frosted Shredded Wheat Blueberry Bowl Pack

Serving Size:
28.35 g

First Ingredient:
Whole Grain Wheat

Your whole grain product meets all nutrient standards for entrees or snack foods.

for entrees.



Nutrition Facts

Serving Size 1 oz (about 28.35 g) ⓘ

Servings Per Container

Amount Per Serving

Calories 100

Calories from Fat NA

Total Fat (g) 0.5

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 0

Carbohydrates

Sugars (g) 5

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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