Product Information



Honey Bunches of Oats Honey Roasted - Cup

Post Honey Bunches of Oats Honey Roasted Cup Pack & Size		Toasted Corn & Whole Grain Flakes, Crunchy Oat Clusters, Lightly Sweetened Cereal with 3 Kinds of Flakes & Crunchy Oat Clusters Baked with a Touch of Honey. 10g Whole Grain per serving. 4 wholesome grains. Made with real honey.		
T dek & Size	12 / 2 02	sisseriie grains./maae miirrearrioney.		
Case	34334			
Case GTIN	0 08 84912 34334 5			
Shipping Weight (lbs.)	2.72			
Case Cube (cu. ft.)	0.49	All Form the Form the		
Case Dimensions LxWxH (inches)	12.69 X 8.69 X 7.75	All Family Favorite		
Pallet: Tier (Cases per layer)	16	Top selling cereal in the Hispanic Market		
Pallet: Hi (Number of Layers)	6	Only 11g Sugar (less than 6g per 1 oz serving)		
Cases per pallet	96			
Allergens Present	Wheat			
County of Origin	USA			



Honey Bunches of Oats Honey Roasted

Nutrition Facts

Serving size 1 container (57g)

per serving ZZU

Calories 4

Amount/Serving	%DV
Total Fat 2g	2%
Saturated Fat 0g	0%
Trans Fat Og	
Cholesterol Omg	0%
Sodium 200mg	9%

Total Carbohydrate 48g	18%
Dietary Fiber 2g	9%
Total Sugars 11g	
Incl. 11g Added Sugars	21%
Protein 4g	

Amount/Serving

Vitamin D 0% • Calcium 0% • Iron 40% • Potassium 2% • Thiamin 100% Niacin 20% • Vitamin B6 20% • Folate 60mcg DFE (35mcg folic acid) 15% Pantothenic Acid 20% • Zinc 20%

INGREDIENTS: DEGERMED YELLOW CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, RICE, CANOLA AND/OR SOYBEAN OIL, CORN SYRUP, SALT, BARLEY MALT EXTRACT, MOLASSES, CINNAMON, HONEY, CARAMEL COLOR, NATURAL FLAVOR. VITAMINS AND MINERALS: FERRIC ORTHOPHOSPHATE (SOURCE OF IRON), NIACINAMIDE (VITAMIN B3), ZINC OXIDE, THIAMIN MONONITRATE (VITAMIN B1), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID. CONTAINS WHEAT.

oz equivalent grain	2 oz
% Whole Grain	
< 6.99g non-creditable grains per 1 oz	yes
≤ 150 calories	
≤ 35% calories from fat	$\sqrt{}$
≤ 10% calories from saturated fat	$\sqrt{}$
≤ 35% sugar by weight	$\sqrt{}$
0g trans fat per serving	$\sqrt{}$
Shelf Life (days)	365
Kosher Symbol	(
Calories per serving	220
Total Fat	2g
Sodium	200mg
Total Carbs	48g
Dietary Fiber	2g
Sugar	llg
Protein	4g

Formulation Statement for Documenting Grains in School Meals

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

Product Name:	Post Honey Bunches of	of Oats Honey Crunch Cup	Code	Code No: 34334			
Manufacturer:	Post Consumer Brand	S	Serving Size: 2 oz				
. 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: Yes (Products with more an .24oz equivalent or 3.99 grams for Group toward the grain requirements for school meals.)			How many grams: s A-G and 6.99 grams for Grou	6.89 up H of non-creditable grains may not credit			
Exhibit A to d (Please be an Group A-G u	letermine if the product ware that different met	t fits into Groups A-G (baked standard for the delay to control from the delay to control from the delay to t	goods), Group H (cereal grain alculate servings of grain com	m and School Breakfast Program: ns) or Group I (RTE breakfast cereals). nponent based on creditable grains. rd of 28 grams creditable grain ongs:			
•	tion of Product d Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equvalent as listed in SP 30-2012 B	Creditable Amount A ÷ B			
RT	TE Cereal	2	1	2			
Total Creditable	Amount ¹			2			
Total Creditable	e Amount must be rour	nded down to the nearest qu	arter (0.25) oz eq. Do not rou	und up.			
	Total weight (per portio	on) of product as purchased:	2 oz				
	Total contribu	ution of product (per portion)	2	oz equivalent			
equivalent Grain equivalent or 3.5 for school meals	ns. I further certifiy tha 99 grams for Groups A-	t non-creditable grains are no G or 6.99 grams for Group H o	ot above 0.24 oz eq. per porti	s product (ready for serving) provides <u>2</u> oz ion. Products with more than 0.24 oz not credit towards the grain requirements ions for Whole Grain Rich			
Signature & Date Merrilee Olson Printed Name National Sales A Title				Post			
743-245-0853			★ ★				

Phone #