

Product Information



FOODSERVICE

Frosted Shredded Wheat Blueberry - large bowl pack

Post Frosted Shredded Wheat Blueberry Bowl Pack	FWY 100 BB	Lightly frosted shredded wheat biscuits with natural blueberry flavor and freeze dried granulated blueberries. Less than 6g sugar per 1 oz eq grain. Contains 8 essential vitamins and minerals. No artificial flavors or certified synthetic colors.
Pack & Size	48 / 2 oz	
Meets K12 2 oz Equivalent Grain		
Case	27163	All Family Favorite Only 11g Sugar (less than 6g per 1 oz serving) Whole Grain Wheat 1st Ingredient Smart Snack Qualified 1 bowl = 2 oz equivalent grain Excellent Source of: Iron Folic Acid Good Source of: Thiamin Riboflavin Niacin Vitamin B6 Vitamin B12 Zinc
Case GTIN	1 08 84912 27163 8	
Shipping Weight (lbs.)	8.86	
Case Cube (cu. ft.)	1.89	
Case Dimensions LxWxH (inches)	21.5 x 16.0 x 9.5	
Pallet: Tier (Cases per layer)	5	
Pallet: Hi (Number of Layers)	5	
Cases per pallet	25	
Meets USDA Whole Grain Criteria	yes: 1st Ingredient = Whole Grain Wheat	
Allergens Present	Wheat	
County of Origin	USA	



Actual Bowl Pack Lid pictured below



oz equivalent grain	2 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	190
Total Fat	1g
Sodium	5mg
Total Carbs	46g
Dietary Fiber	6g
Sugar	11g
Protein	5g

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: 27163

Manufacturer: Post Consumer Brands

Serving Size: 2 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 than .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	2	1	2
Total Creditable Amount¹			2

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:

2 oz

Total contribution of product (per portion)

2

oz equivalent

I further certify that the above information is true and correct and the a 2 ounce portion of this product (ready for serving) provides 2 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

1/8/2023

Signature & Date



Merrilee Olson

Printed Name

National Sales Manager - K12

Title

763-245-0853

Phone #

Smart Snacks Product Calculator Results

Brand:
Post

Product Name:
Frosted Shredded Wheat Blueberry Bowl Pack

Serving Size:
56.70 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 2 oz (about 56.70 g)

Servings Per Container

Amount Per Serving

Calories 190

Calories from Fat 10

Total Fat (g) 1

Saturated Fat (g) 0

Trans Fat (g) 0

Sodium (mg) 5

Carbohydrates

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

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