

Nutrition Facts

About X servings per container
Serving size 1 1/3 cups (39g)

Amount per serving
Calories 150

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 34g	12%
Dietary Fiber less than 1g	3%
Total Sugars 17g	
Incl. 17g Added Sugars	35%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 5.4mg	30%
Potassium 40mg	0%
Thiamin	60%
Niacin	10%
Vitamin B ₆	10%
Folate 30mcg DFE (20mcg folic acid)	8%
Pantothenic Acid	10%
Phosphorus	4%
Zinc	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Sugar, Degermed Yellow Corn Flour, Wheat Flour, Whole Grain Oat Flour, Corn Syrup, Salt, Canola and/or Soybean Oil, Calcium Carbonate, Apple Juice Concentrate, Apple Solids, Cinnamon, Dextrose, Maltodextrin, Modified Cornstarch, Yellow 6, Baking Soda, Corn Syrup Solids, Red 40, Yellow 5, Natural Flavor, Blue 1.

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.

Post Consumer Brands
APL-101 RTE
(Circle U)
Regulatory NFP Released: 05/07/21
Graphics NFP Released: 05/07/21



Product	Pack/Size	Case UPC	GTIN
Apple Zings	6/30 oz	38988	100-42400-38988-7

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/Pallet
13.32	2.41	20 X 16 X 13	6 / 4	24



Merrilee Olson

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National K12 Sales Manager

5/1/23

Formulation Statement for Documenting Grains in School Meals

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

Product Name: Malt-O-Meal Apple Zings (6/37oz)
Manufacturer: Post Consumer Brands

Code No: 28026
Serving Size: 1 oz

I. Does the product meet the Whole Grain-Rich Criteria: NO

(Refer to SP 30-2012 Grain Requirements for National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: N/A

How many grams: N/A

(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	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 5/1/23

PRODUCT DOES NOT MEET USDA REGULATIONS FOR K12 MEALS

Signature & Date

Merrilee Olson
Printed Name

National Sales Manager - K12
Title

763-245-0853
Phone #

