

# Nutrition Facts

About X servings per container  
**Serving size 1 cup (42g)**

Amount per serving  
**Calories 170**

	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 360mg	<b>15%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 15g	
Incl. 14g Added Sugars	<b>29%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 160mg	<b>10%</b>
Iron 5.4mg	<b>30%</b>
Potassium 70mg	<b>0%</b>
Thiamin	<b>60%</b>
Niacin	<b>15%</b>
Vitamin B <sub>6</sub>	<b>15%</b>
Folate 40mcg DFE (25mcg folic acid)	<b>10%</b>
Pantothenic Acid	<b>10%</b>
Phosphorus	<b>4%</b>
Zinc	<b>15%</b>

\* 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:** Whole Grain Wheat, Sugar, Corn Meal, Canola and/or Soybean Oil, Molasses, Fructose, Salt, Honey, Baking Soda, Calcium Carbonate, Soy Lecithin, Dextrose, Trisodium Phosphate, TBHQ and BHT added to preserve freshness.

**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 AND SOY.**

## Post Consumer Brands

**GRA-102 RTE**  
**(Not Kosher)**

**Regulatory NFP Released: 11/05/20**  
**Graphics NFP Released: 11/05/20**

Product	Pack/Size	Case UPC	GTIN
Honey Graham Toasters	9/24 oz	18904	100-42400-18904-3

Case Weight	Case Cube	Case Dimensions	Ti / Hi	Cases/Pallet
15.35	1.9	23.88 X 13.25 X 10.38	6 / 5	30



**Formulation Statement for Documenting Grains in School Meals**  
(Crediting Standards Based on Revised Exhibit A weights per oz equivalent)

**Product Name:** Malt-O-Meal Honey Graham Toasters Bulk 9/24 oz

**Code No:** 18904

**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: Yes**

**How many grams:**

6.75

(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
<b>Total Creditable Amount<sup>1</sup></b>			<b>1</b>

<sup>1</sup>Total 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

**Signature & Date**

Merrilee Olson

**Printed Name**

National Sales Manager - K12

**Title**

763-245-0853

**Phone #**

**Post**

**FOODSERVICE**

