

Post

FOODSERVICE

K-12 PRODUCT GUIDE

2023-24 School Year



K-12 PRODUCT GUIDE

	CASE CODE	PACK/SIZE	OZ EQ GRAIN	SHELF LIFE (MO)	KOSHER SYMBOL	SERVING SIZE(g)	TOTAL CALORIES	TOTAL FAT (g)	TOTAL FAT (%DV)	SAT FAT (g)	SAT FAT (%DV)	CHOLESTEROL (mg)	SODIUM (mg)	TOTAL CARBS (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGAR (g)	ADDED SUGARS (g)	PROTEIN (g)	K12 QUALIFIED WHOLE GRAIN	SMART SNACK QUALIFIED	CACFP	56G SUGAR per 1 Oz eq. grain	
Post SMALL BOWLS																							
Honey Bunches of Oats Whole Grain Honey Crunch	84912-27315	96/1 oz	1	9	Ⓢ	28	100	1.5	2	0	0	0	65	22	2	5	5	2	★	★	★	★	
Frosted Shredded Wheat	84912-27177	96/1 oz	1	12		28	100	0.5	1	0	0	0	0	23	3	6	6	3	★	★	★	★	
Frosted Shredded Wheat Blueberry	84912-27154	96/1 oz	1	10		28	100	0.5	1	0	0	0	5	23	3	5	5	3	★	★	★	★	
Frosted Strawberry Shredded Wheat	84912-27150	96/1 oz	1	12		28	100	0.5	1	0	0	0	5	23	3	5	5	3	★	★	★	★	
Fruity Pebbles™ GF	84912-29594	96/1 oz	1	12	Ⓢ	28	110	1	1	0	0	0	150	24	0	10	10	1					

Multigrain SMALL BOWLS																							
Cinnamon Toasters®	42400-03915	96/1 oz	1	12		28	120	3.5	4	0	0	0	140	22	2	9	9	1	★	★			
Crispy Rice GF	42400-00542	96/.63oz	.50	12	Ⓢ	18	70	0	0	0	0	0	105	16	0	2	2	1					★
Honey Graham Toasters	42400-04515	96/1 oz	1	12		28	110	3	4	0	0	0	240	22	1	10	10	1	★	★			
Honey Scooters SPECIAL EDITION	42400-27597	96/1 oz	1	9	Ⓢ	28	110	1.5	2	0	0	0	170	22	2	6	6	3	★	★	★	★	
Marshmallow Mateys SPECIAL EDITION	42400-27596	96/1 oz	1	9		28	110	1.5	2	0	0	0	270	22	2	6	6	3	★	★	★	★	
Raisin Bran	42400-00715	96/1.25oz	1.25	12	Ⓢ	35	110	0.5	1	0	0	0	140	27	5	11	5	3	★	★			
Scooters	42400-27164	96/1 oz	1	10	Ⓢ	28	110	2	3	0.5	3	0	140	21	3	0	0	3	★	★	★	★	

Post LARGE BOWLS																							
Honey Bunches of Oats Whole Grain Honey Crunch	84912-27313	48/2 oz	2	9	Ⓢ	57	210	2.5	3	0	0	0	130	45	4	10	10	4	★	★	★	★	
Frosted Shredded Wheat	42400-27149	48/2 oz	2	12		56	190	1	1	0	0	0	0	46	6	12	11	5	★	★	★	★	
Frosted Shredded Wheat Blueberry	42400-27163	48/2 oz	2	10		56	200	1	1	0	0	0	5	46	6	11	11	5	★	★	★	★	
Frosted Strawberry Shredded Wheat	24200-27162	48/2 oz	2	12		56	190	1	1	0	0	0	10	46	6	11	10	5	★	★	★	★	


Multigrain LARGE BOWLS																							
Cinnamon Toasters®	42400-13820	48/2 oz	2	12		56	230	7	9	1.0	4	0	280	43	3	18	18	3	★	★			
Honey Graham Toasters	42400-03759	48/2 oz	2	12		56	230	6	7	1.0	4	0	480	43	3	20	19	3	★	●			
Honey Scooters	42400-08676	48/2 oz	2	12	Ⓢ	57	220	2.5	3	0	0	0	390	46	3	17	17	4	★	★			
Marshmallow Mateys	42400-05940	48/2 oz	2	11		56	210	2	3	0	0	0	380	47	3	23	23	4	★	●			








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Multi-Meal BULK READY TO EAT CEREALS																						
Cinnamon Granola	42400-07485	4/50 oz	1	12	Ⓢ	20	90	2.5	3	0	0	0	40	15	1	5	5	1	★	★	★	★
Cinnamon Toasters	42400-09831	6/30 oz	1.5	12		42	180	5	6	0.5	3	0	210	32	2	14	13	2	★	★		
Frosted Mini Spooners	42400-09826	6/36 oz	2	12		60	210	1	1	0	0	0	10	50	6	12	12	5	★	★	★	★
Honey Graham Toasters	42400-18904	9/24 oz	1.5	12		42	170	4.5	6	0.5	3	0	360	33	2	15	14	2	★	★		
Honey Scooters	42400-09818	4/44 oz	1.25	12	Ⓢ	41	160	2	3	0	0	0	280	33	2	12	12	3	★	★		
Marshmallow Mateys	42400-09821	4/42 oz	1.5	11		42	160	1.5	2	0	0	0	280	35	2	17	17	3	★	★		
Raisin Bran	42400-09816	6/36 oz	2	12	Ⓢ	61	190	1	1	0	0	0	240	48	9	20	9	5	★	★		
Scooters	42400-09813	4/34 oz	1.25	10	Ⓢ	41	160	3	4	0.5	3	0	200	30	3	0	0	5	★	★	★	★
Strawberry Cream Mini Spooners	42400-06237	8/36 oz	2	12		60	210	1	1	0	0	0	10	49	6	12	11	5	★	★	★	★

HEARTY TRADITIONS OATMEAL Products																						
Regular Instant Oatmeal	42400-19506	200/1 oz	1	18	Ⓢ	28	100	2.0	2	0	0	0	105	19	3	0	0	4	★	★	★	★
Maple & Brown Sugar Oatmeal	42400-11850	200/1.51 oz	1.5	18	Ⓢ	43	160	2.0	2	0	0	0	240	33	3	14	13	4	★	●		
Apples & Cinnamon Oatmeal	42400-11851	200/1.25 oz	1.25	18	Ⓢ	35	120	1	2	0	0	0	200	28	3	15	11	2	★	●		
Quick Oatmeal Tube	42400-04650	12/42 oz	1.25	20	Ⓢ	40	150	3	4	0.5	3	0	0	27	4	0	0	5	★	★	★	★
Old Fashioned Oatmeal	42400-04651	12/42 oz	1.25	20	Ⓢ	40	150	3	4	0.5	3	0	0	27	4	0	0	5	★	★	★	★

K-12 PRODUCT DESCRIPTIONS

PRODUCT + DESCRIPTION	AVAILABLE IN
READY TO EAT CEREAL	
 Honey Bunches of Oats Whole Grain Honey Crunch A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin Fortified. 5g sugar per 1 oz eq grain serving. No artificial flavors. CACFP & Smart Snack Compliant.	1oz Bowl 2oz Bowl
 Frosted Shredded Wheat Frosted shredded wheat biscuits. 6g sugar per 1 oz equivalent grain. Vitamin Fortified. No artificial flavors or certified synthetic colors.	1oz Bowl 2oz Bowl
 Frosted Shredded Wheat Blueberry Frosted shredded wheat biscuits with natural blueberry flavor and freeze dried granulated blueberries. 6g sugar per 1 oz equivalent grain. Vitamin Fortified. No artificial flavors or certified synthetic colors.	1oz Bowl 2oz Bowl
 Frosted Shredded Wheat Strawberry Frosted shredded wheat biscuits with strawberry flavor. 6g sugar per 1 oz equivalent grain. Vitamin Fortified.	1oz Bowl 2oz Bowl
 Fruity Pebbles A sweetend crispy rice cereal with an intense fruity flavor. Vitamin Fortified. Gluten Free.	1oz Bowl Bulk Bag
 Cinnamon Granola Clusters of rolled oats and crisp rice with real cinnamon. No artificial flavors or certified synthetic colors.	Bulk Bag
 Cinnamon Toasters Real Cinnamon and sugar in every bite. Crispy, sweetened whole wheat and rice cereal. No Artificial Flavors or Certified Synthetic Colors. Vitamin Fortified.	1oz Bowl 2oz Bowl Bulk Bag
 Crispy Rice Oven toasted rice cereal that delivers simplicity in every spoonful. Vitamin fortified and Gluten Free.	0.63 oz Bowl
 Frosted Mini Spooners Frosted shredded wheat biscuits. Fortified with vitamins and minerals.	Bulk Bag
 Honey Graham Toasters A honey graham cereal made from whole grain wheat and corn meal. Vitamin Fortified. No artificial flavors or certified synthetic colors.	1oz Bowl 2oz Bowl Bulk Bag

PRODUCT + DESCRIPTION	AVAILABLE IN
READY TO EAT CEREAL	
 Honey Scooters A puffed, toasted cereal in donut-shaped pieces with real honey. Vitamin Fortified. No artificial flavors or certified synthetic colors. NO NUTS.	2oz Bowl Bulk Bag
 Honey Scooters SPECIAL EDITION A puffed, toasted cereal in donut-shaped pieces with real honey. 6g sugar per 1 oz equivalent grain. Vitamin Fortified. No artificial flavors or certified synthetic colors. NO NUTS.	1oz Bowl
 Marshmallow Matey SPECIAL EDITION A puffed, sweetened toasted oat cereal in anchor-shaped pieces with marshmallows. 6g sugar per 1 oz equivalent grain. Vitamin Fortified.	1oz Bowl
 Marshmallow Mateys A puffed, sweetened toasted oat cereal in anchor-shaped pieces with marshmallows. Vitamin Fortified.	2oz Bowl Bulk Bag
 Raisin Bran Flakes of whole grain wheat and wheat bran with raisins. Vitamin Fortified.	1.25oz Bowl Bulk Bag
 Scooters A puffed, sweetened whole grain oat cereal in donut-shaped pieces. Vitamin Fortified.	1oz Bowl Bulk Bag
 Strawberry Cream Mini Spooners Frosted shredded wheat biscuits with a strawberry cream flavor. Fortified with vitamins and minerals.	Bulk Bag

OATMEAL	
 Regular Instant Oats Whole Grain Rolled Oats. Vitamin Fortified. No artificial flavors.	Packets
 Maple & Brown Sugar Instant Oats Whole Grain Rolled Oats. Vitamin Fortified. Maple & Brown Sugar Flavored. No artificial flavors.	Packets
 Apples & Cinnamon Instant Oats Whole Grain Rolled Oats with real apples and cinnamon. Vitamin Fortified. No artificial flavors or certified synthetic colors.	Packets
 Quick Oats Tube 100% Whole Grain Rolled Oats. Quick cooking rolled oats. May be prepared on the stove top or in the microwave.	Oats Tube
 Old Fashioned Oats Tube 100% Whole Grain Rolled Oats. Old Fashioned rolled oats. May be prepared on the stove top or in the microwave.	Oats Tube



● This grain only-entrée does not qualify on its own to be sold as a competitive food, but can be served as a competitive food the same day as service or the following day if the school participates in the School Breakfast Program and has designated the item as the entrée in the reimbursable breakfast meal per the USDA Memo SP35-2014: <http://www.fns-prod.azureedge.net/sites/default/files/cn/SP35-2014os.pdf>

