



# Product Information



FOODSERVICE

## Frosted Shredded Wheat Blueberry - large bowl pack

<b>Post</b> <b>Frosted Shredded Wheat</b> <b>Blueberry Bowl Pack</b>	<b>FWY 100 BB</b>	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.
<b>Pack &amp; Size</b>	48 / 2 oz	
<b>Meets K12 2 oz Equivalent Grain</b>		
<b>Case</b>	27163	<b>All Family Favorite</b> <b>Only 11g Sugar (less than 6g per 1 oz serving)</b> <b>Whole Grain Wheat 1st Ingredient</b> <b>Smart Snack Qualified</b> <b>1 bowl = 2 oz equivalent grain</b>
<b>Case GTIN</b>	1 08 84912 27163 8	
<b>Shipping Weight (lbs.)</b>	8.86	
<b>Case Cube (cu. ft.)</b>	1.89	
<b>Case Dimensions LxWxH (inches)</b>	21.5 x 16.0 x 9.5	<b>Excellent Source of:</b> <b>Iron</b> <b>Folic Acid</b>
<b>Pallet: Tier (Cases per layer)</b>	5	
<b>Pallet: Hi (Number of Layers)</b>	5	
<b>Cases per pallet</b>	25	<b>Good Source of:</b> <b>Thiamin</b> <b>Riboflavin</b> <b>Niacin</b> <b>Vitamin B6</b> <b>Vitamin B12</b> <b>Zinc</b>
<b>Meets USDA Whole Grain Criteria</b>	yes: 1st Ingredient = Whole Grain Wheat	
<b>Allergens Present</b>	Wheat	
<b>County of Origin</b>	USA	
<b>Actual Bowl Pack Lid pictured below</b>		





Actual Bowl Pack Lid pictured below



<b>oz equivalent grain</b>	2 oz
<b>% Whole Grain</b>	100%
<b>&lt; 6.99g non-creditable grains per 1 oz</b>	✓
<b>≤ 150 calories</b>	
<b>≤ 35% calories from fat</b>	✓
<b>≤ 10% calories from saturated fat</b>	✓
<b>≤ 35% sugar by weight</b>	✓
<b>0g trans fat per serving</b>	✓
<b>Smart Snack Qualified</b>	✓
<b>Shelf Life (days)</b>	300
<b>Kosher Symbol</b>	none
<b>Calories per serving</b>	190
<b>Total Fat</b>	1g
<b>Sodium</b>	5mg
<b>Total Carbs</b>	46g
<b>Dietary Fiber</b>	6g
<b>Sugar</b>	11g
<b>Protein</b>	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 Amount <sup>1</sup>			2

<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:

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

11/1/2023

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) 8

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

Post

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