Product Information



Frosted Shredded Wheat Blueberry - small bowl pack

Post Frosted Shredded Wheat Blueberry Bowl Pack	FWY 100 BP	Lightly frosted shredded wheat biscuits with natural blueberry flavor and freeze dried granulated blueberries. Only 5g sugar per 1 oz eq grain. Excellent source of 8 vitamins and minerals. No artificial flavors or certified synthetic colors.		
Pack & Size	96 / 1 oz			
Case	27154	All Family Favorite	Aeets K12 1 oz Equivalent Grain	$\mathbf{\wedge}$
	1 08 84912 27154 6	Only 5g Sugar - CACFP Qualified Whole Grain Wheat 1st Ingredient		
Shipping Weight (Ibs.)				C^2
Case Cube (cu. ff.)				HDPE
Case Dimensions LxWxH (inches)		22g whole grain per 28g serv	ving.	
Pallet: Tier (Cases per layer)		Smart Snack Qualified 1 bowl = 1 oz equivalent grain		
Pallet: Hi (Number of Layers)				Carles .
Cases per pallet				
	27	No Artificial Flavors No Certified Synthetic Colors		1 Tool
Meets USDA Whole Grain Criteria	yes: 1st Ingredient = Whole Grain Wheat	No BHT		
Allergens Present		No High Fructose No Nuts		
Country of Origin	USA			Carden and C
Actual Bowl Pack Lid pictured below				
			oz equivalent grain	1 oz
SHREDDED SHREDDED WHEAT Frosted Blueberry Cereal NATURALLY FLAVORED			% Whole Grain	100%
			< 6.99g non-creditable grains per 1	
			oz ≤ 150 calories	
			≤ 35% calories from fat	
			≤ 10% calories from saturated fat	\checkmark
Nutrition Facts	1% Total	t/Serving %DV Carbohydrate 23g 8%	≤ 35% sugar by weight	\checkmark
Saturated Fat 0g 0% Serving size Dietary Fiber 3g 11% bowl (28g) Cholesterol Omg 0% Calories 1000 vitamin D 0% • Calcium 0% • Iron 40% • Potassium 2% • Thiamin 15% • Riboflavin 10% Vitamin B1 20% • Phosphorus 8% Magnesium 4% • Zinc 15%			0g trans fat per serving	\checkmark
			Smart Snack Qualified	\checkmark
Vitamin B12 20% • Phosphorus 8% Magnesium 4% • Zinc 15% Flavor. Freshness preserved with Vitamin E (mixed tocopherols). Vitamins and Minerals: Reduced Iron, Niacitation (Mission Content)		Shelf Life (days)	300	
Iron, Niacianamide (Vitamin B3), Zinc Folic Acid, Riboflavin (Vitamin B2), Th CONTAINS WHEAT.	Oxide (source of zinc), Pyridoxin iiamin Mononitrate (Vitamin B1),	egetable Juice (color), Natural amins and Minerals: Reduced te Hydrochloride (Vitamin B6), Vitamin B12. 1 BOWL = 1 OZ EQUIVALENT GRAIN	Kosher Symbol	none
With the second seco			Calories per serving	100
			Total Fat	0.5g
			Sodium	0g
			Total Carbs	23g
			Dietary Fiber	3g
Z			Sugar	5g
			Protein	3g

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

How many grams:

Product Name: Post Frosted Shredded Wheat Blueberry Bowl Pack

Post Consumer Brands Manufacturer:

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

(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:

Portion Size of Weight of one ounce Creditable **Description of Product** Product as eauvalent as listed in Amount per Food Buying Guide Purchased SP 30-2012 Α÷Β В Α **RTE** Cereal 1 1 1 1 Total Creditable Amount

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

SMART SNACKS

PRODUCT CALCULATOR

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 certifive 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.

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11/1/2023

Signature & Date

Merrilee Olson **Printed Name**

National Sales Manager - K12 Title

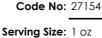
763-245-0853

Phone #



Smart Snacks **Product Calculator Results** Brand: Post Product Name Frosted Shredded Wheat Blueberry Bowl Pack Serving Size: 28.35 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 1 oz (about 28.35 g) [®] Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat N
Total Fat (g) 0.5	
Saturated Fat (g) 0	
Trans Fat (g) 0	
Sodium (mg) 0	
Carbohydrates	
Sugars (g) 5	
Vitamin D (%) NA	Potassium (%) N
Calcium (%) NA	Dietary Fiber (%) N



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