

# Farina

## 12/28 oz Boxes

### #13732

| <b>Nutrition Facts</b>  |            |
|---|------------|
| <b>Datos de nutrición</b>   |            |
| About X servings per container<br>Aproximadamente XX porciones por paquete  |            |
| Serving size 3 Tbsp dry (35g)<br>Tamaño por porción 3 cdas. secas (35g)   |            |
| Amount per serving / Cantidad por porción   |            |
| <b>Calories/Calorías</b>  | <b>130</b> |
| % Daily Value / % de valor diario   |            |
| <b>Total Fat / Grasas totales</b> 0g  | <b>0%</b>  |
| <b>Sodium / Sodio</b> 0mg   | <b>0%</b>  |
| <b>Total Carb. / Carb. totales</b> 27g  | <b>10%</b> |
| Dietary Fiber / Fibra Dietética <1g   | <b>2%</b>  |
| <b>Protein / Proteínas</b> 4g   |            |
| Calcium / Calcio 100mg  | 8%         |
| Iron / Hierro 10.8mg  | 60%        |
| Thiamin / Tiamina   | 10%        |
| Riboflavin / Riboflavina  | 8%         |
| Niacin / Niacina  | 6%         |
| Folate / Folato 80mcg DFE<br>(50mcg folic acid/ ácido fólico)   | 20%        |
| Phosphorus / Fósforo  | 4%         |
| Not a significant source of saturated fat, trans fat, cholesterol, total sugars, added sugars, Vitamin D and Potassium.                           |            |
| No constituye una fuente significativa de grasas saturadas, grasas trans, colesterol, azúcares totales, azúcares agregados, vitamina D y potasio. |            |

**INGREDIENTS:** WHEAT FARINA, CALCIUM CARBONATE, FERRIC ORTHOPHOSPHATE (SOURCE OF IRON), FOLIC ACID, NIACINAMIDE (VITAMIN B3), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2).  
**CONTAINS WHEAT.**  
**INGREDIENTES:** HARINA DE TRIGO, CARBONATO DE CALCIO, ORTOFOSFATO FÉRICO (HIERRO), ÁCIDO FÓLICO, NIACINAMIDA (VITAMINA B3), MONONITRATO DE TIAMINA (VITAMINA B1), RIBOFLAVINA (VITAMINA B2).  
**CONTIENE TRIGO.**



| <b>Nutritional and Program Specifications</b> |       |   |                                       | HWF-101 |
|---|-------|---|---------------------------------------|---------|
| <b>Oz Eq Grain Credit</b>                     | 1.25  | <b>Smart Snacks Qualified Snack</b>     | Yes, if day of/after menued as Entree |         |
| <b>Whole Grain Rich</b>                       | No    | 200 or less Calories                    | Yes                                   |         |
| <b>Whole Grain 1<sup>st</sup> Ingredient</b>  | No    | 200 mg or less Sodium                   | Yes                                   |         |
| <b>Added Sugar Compliant</b>                  | Yes   | 35% or less Calories from Fat           | Yes                                   |         |
| <b>Fortified</b>                              | Yes   | 10% or less Calories from Sat Fat       | Yes                                   |         |
| <b>Allergens</b>                              | Wheat | 0g Trans Fat                            | Yes                                   |         |
| <b>Artificial Flavors</b>                     | No    | 35% or less by weight from Total Sugars | Yes                                   |         |
| <b>Certified Synthetic Colors</b>             | No    | <b>CACFP Qualified</b>                  | Yes                                   |         |
| <b>Nuts</b>                                   | No    | <b>Buy American Compliant</b>           | Yes                                   |         |
| <b>BHT/BHA/TBHQ</b>                           | No    | <b>Kosher</b>                           | OU                                    |         |
| <b>HFCS</b>                                   | No    | <b>Shelf Life</b>                       | 730                                   |         |

| <b>Case Specifications</b> |                   |   |                   |
|----------------------------|-------------------|---|-------------------|
| <b>Case Code</b>           | 13732             | <b>Ship/Net Weight (pounds)</b>           | 14.26/ 21         |
| <b>GTIN</b>                | 100-42400-13732-7 | <b>Case Cube (cu. Ft.)</b>                | 0.59              |
| <b>Hi/Ti</b>               | 4/12              | <b>Case Dimensions L x W x H (inches)</b> | 11.13 x 11 x 8.31 |
| <b>Cases per Pallet</b>    | 48                | <b>Storage</b>                            | Cool / Dry        |

For more information or to find your Sales Manager: <https://www.postconsumerbrands.com/food-service/>

## Product Formulation Statement for Documenting Grains In Child Nutrition Programs

(Crediting Standards Based on Exhibit A Weights per Ounce Equivalent)

Product Name: Farina

Product SKU: 13732

Manufacturer: Post Consumer Brands

Serving Size: 35 g dry

Does the product meet the whole grain rich criteria? No Is the product fortified? Yes

Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16 g creditable grains per oz eq; Groups H and I use the standard of 28 g creditable grains per oz eq or volume.)

Indicate which Exhibit A Group (A-I) the product belongs: Group H - Breakfast Cereal Cooked

| Product Description Per Exhibit A | Portion Size of Product as Purchased<br>A | Weight of 1 oz. eq. as Listed in Exhibit A<br>B | Creditable Amount<br>A ÷ B |
|-----------------------------------|---|---|----------------------------|
| Breakfast Cereal<br>(Cooked)      | 35 g dry                                  | 28 g  | 1.25                       |
| <b>Total Creditable Amount</b>    |   |   | <b>1.25</b>                |

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: 35 g dry

Total contribution of product (per portion) oz eq: 1.25 oz eq

I certify that the above information is true and correct and that a 35 g portion of this product (ready for serving) provides 1.25 oz eq grains. I further certify that non-creditable grains are not above 0.24 oz eq per portion. Products in Group I with more than 0.24 oz eq or 6.99 g of non-creditable grains do not credit towards the grains requirement for school meals.



**Victoria Schlecht**

Sr. Regulatory Scientist  
Post Consumer Brands

Signed: January 21, 2026

For more information on our K12 cereals

Contact Sheri Petrich, SNS, K12 Specialist: 724-971-0010 | slpetrich@postholdings.com or

Go to: <https://www.postconsumerbrands.com/food-service/>

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