



FOODSERVICE

Farina

12/28 oz Boxes

#13732

Nutrition Facts

Datos de nutrición

About X servings per container
Aproximadamente XX porciones por paquete
Serving size 3 Tbsp dry (35g)
Tamaño por porción 3 cdas. secas (35 g)

Amount per serving / Cantidad por porción

Calories/Calorías 130

% Daily Value / % de valor diario

Total Fat / Grasas totales 0g 0%

Sodium / Sodio 0mg 0%

Total Carb. / Carb. totales 27g 10%

Dietary Fiber / Fibra Dietética <1g 2%

Protein / Proteínas 4g

Calcium / Calcio 100mg 8%

Iron / Hierro 10.8mg 60%

Thiamin / Tiamina 10%

Riboflavin / Riboflavina 8%

Niacin / Niacina 6%

Folate / Folato 80mcg DFE 20%

(50mcg folic acid/ ácido fólico)

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.



Nutritional and Program Specifications

HWF-101

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

Case Specifications

Case Code	13732	Ship/Net Weight (pounds)	14.26/ 21
GTIN	100-42400-13732-7	Case Cube (cu. Ft.)	0.59
Hi/Ti	4/12	Case Dimensions L x W x H (inches)	11.13 x 11 x 8.31
Cases per Pallet	48	Storage	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 A	Weight of 1 oz. eq. as Listed in Exhibit A B	Creditable Amount A ÷ B
Breakfast Cereal (Cooked)	35 g dry	28 g	1.25
Total Creditable Amount			1.25

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: March 20, 2025

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/>

HWF-101