



FOODSERVICE

Frosted Flakes

4/45 oz Bags #09817

Nutrition Facts	
About X servings per container	
Serving size 1 1/4 cup (41g)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 37g	13%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes 15g Added Sugars	30%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 5.4mg	30%
Potassium 30mg	0%
Thiamin	70%
Niacin	10%
Vitamin B ₆	10%
Folate 40mcg DFE (25mcg folic acid)	10%
Pantothenic Acid	10%
Zinc	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ingredients: Milled Corn, Sugar, Contains 2% or less of: Corn Syrup, Salt, Barley Malt Extract, Wheat Starch.

Vitamins And Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (a B-Vitamin), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

Contains Wheat

Nutritional and Program Specifications			SFF-100.1 RTE
Oz Eq Grain Credit	1.25	Smart Snacks Qualified Snack (28g serving)	No
Whole Grain Rich	No	200 or less Calories	Yes
Whole Grain 1 st Ingredient	No	200 mg or less Sodium	Yes
6 g or less Sugar per oz	No	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	No
Certified Synthetic Colors	No	CACFP Qualified	No
Nuts	No	Buy American Compliant	Yes
BHT/BHA/TBHQ	No	Kosher	OU
HFCS	No	Shelf Life	365

Case Specifications			
Case Code	09817	Ship/Net Weight (pounds)	12.93 / 11.25
GTIN	100-42400-09817-8	Case Cube (cu. Ft.)	1.74
Hi/Ti	5/6	Case Dimensions L x W x H (inches)	20 x 16 x 9.38
Cases per Pallet	30	Storage	Cool / Dry

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



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Product Formulation Statement for Documenting Grains In Child Nutrition Programs

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

Product Name: Frosted Flakes

Product SKU: 09817

Manufacturer: Post Consumer Brands

Serving Size: 41 g

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 I - RTE Breakfast Cereals

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
RTE Breakfast Cereal (Cold/Dry)	41 g	28 g	1.46 oz eq
Total Creditable Amount			1.25 oz eq

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: 41 g

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 41 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: February 25, 2024

For more information on our K12 cereals

Contact Sheri Petrich, SNS, K12 Specialist: 724-971-0010 | splpetrich@postholdings.com or
Go to: <https://www.postconsumerbrands.com/food-service/>

SFF-100.1 RTE