



FOODSERVICE

Frosted Flakes

96/1 oz Bowl #01015



Malt O Meal
FROSTED FLAKES
CEREAL

Nutrition Facts
Serving size 1 bowl (28g)
Calories 110 per serving

Amount/Serving	% DV	Amount/Serving	% DV
Total Fat 0g	0%	Total Carb. 25g	9%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 10g	
Cholesterol 0mg	0%	Incl. 10g Added Sugars	20%
Sodium 130mg	6%	Protein 1g	

Vitamin D 0% • Calcium 0% • Iron 20% • Potassium 0%
Thiamin 45% • Niacin 6% • Vitamin B6 6% • Folate 25mcg DFE
6% (15mcg folic acid) • Pantothenic acid 6% • Zinc 6%

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, THIAMIN MONONITRATE (VITAMIN B1), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID.
CONTAINS WHEAT.

POST CONSUMER BRANDS, LLC
LAKEVILLE, MN 55044, USA

1-800-743-3029 or visit us on the web at:
postconsumerbrands.com

NET WT 1 OZ (28g)

42270 2208 SFF-101 BP



Frosted corn flakes
fortified with vitamins &
minerals

Nutritional and Program Specifications			SFF-101 BP
Oz Eq Grain Credit	1	Smart Snacks Qualified Snack	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 – Made in the USA
BHT/BHA/TBHQ	No	Kosher	OU
HFCS	No	Shelf Life	365 Days

Case Specifications			
Pack	96/ 1 oz	Ship Weight (pounds)	8.67
GTIN	100-42400-01015-6	Case Cube (cu. Ft.)	1.79
Ti/Hi	9/3	Case Dimensions L x W x H (inches)	16.56 X 13 X 14.38
Cases per Pallet	27	Storage	Cool / Dry

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



FOODSERVICE

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: 01015

Manufacturer: Post Consumer Brands

Serving Size: 28 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)	28 g	28 g	1 oz eq
Total Creditable Amount			1 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: 28 g

Total contribution of product (per portion) oz eq: 1 oz eq

I certify that the above information is true and correct and that a 28 g portion of this product (ready for serving) provides 1 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 8, 2024

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/>

SFF 101 BP