

Quick Rolled Oats

12/42 oz Tubes #04650

Best Seller

Nutrition Facts	
About 30 servings per container	
Serving size 1/2 cup dry (40g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Soluble Fiber 2g	
Insoluble Fiber 2g	
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.5mg	8%
Potassium 140mg	2%
Thiamin	15%
Phosphorus	10%
Magnesium	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: Whole Grain Rolled Oats.

Nutritional and Program Specifications

OQU-101

Oz Eq Grain Credit	1.25 oz eq Grain	Smart Snacks Qualified Snack	Yes
Whole Grain Rich	Yes	<i>200 or less Calories</i>	Yes
Whole Grain 1st Ingredient	Yes	<i>200 mg or less Sodium</i>	Yes
Added Sugar Compliant	Yes	<i>35% or less Calories from Fat</i>	Yes
Fortified	No	<i>10% or less Calories from Sat Fat</i>	Yes
Allergens	No	<i>0g Trans Fat</i>	Yes
Artificial Flavors	No	<i>35% or less by weight from Total Sugars</i>	Yes
Certified Synthetic Colors	No	CACFP Qualified	Yes
Nuts	No	Buy American Compliant	Yes
BHT/BHA/TBHQ	No	Kosher	OU
HFCS	No	Shelf Life	600 days

Case Specifications

Case Code	04650	Ship/Net Weight (pounds)	34.99 / 31.5
GTIN	100-42400-04650-6	Case Cube (cu. Ft.)	2.03
Hi/Ti	4/5	Case Dimensions L x W x H (inches)	21.63 X 16.25 X 10
Cases per Pallet	20	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: Malt-O-Meal Quick Rolled Oats

Product SKU: 04650

Manufacturer: Post Consumer Brands

Serving Size: ½ cup dry (40 g)

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

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)	40 g dry	28 g	1.43
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: 40 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 40 g dry portion of this product 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/>

OQU-101

Product Formulation Statement for Documenting Grains In Child Nutrition Programs

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

Product Name: Malt-O-Meal Quick Rolled Oats

Product SKU: 04650

Manufacturer: Post Consumer Brands

Serving Size: 28 g dry

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

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)	28 g dry	28 g	1
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: 28g dry

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 dry portion of this product 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 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/>

OQU-101