

# Post

**FOODSERVICE**

## BOWL PACK CEREAL

A full line of BOWL PACK cereals for your school breakfast and CACFP needs. Plus, many more varieties for hospitality and healthcare. Great for grab-and-go!

Versatile offerings work on the tray line as well as after school and summer feeding programs!



**Malt O Meal** **SCOOTERS** CEREAL

Amount/Serving	% DV	Amount/Serving	% DV
<b>Total Fat</b> 2g	<b>3%</b>	<b>Total Carb.</b> 21g	<b>7%</b>
Saturated Fat 0.5g	1%	Dietary Fiber 3g	10%
Trans Fat 0g	0%	Soluble Fiber 1g	
Polyunsaturated Fat 0.5g	1%	Insoluble Fiber 2g	
Monounsaturated Fat 0.5g	1%	Total Sugars 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>	<b>Protein</b> 3g	

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

**Ingredients:** WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

**POST CONSUMER BRANDS, LLC**  
LAKEVILLE, MN 55044, USA

**Post** **CONSUMER BRANDS** **sugar**  
POST CONSUMER BRANDS, LLC per serving not a low calorie food

**NET WT 1 OZ (28g)**

1-800-743-3029 or visit us on the web at: [postconsumerbrands.com](http://postconsumerbrands.com)

41686, 2233 TO 101 BP

**Malt O Meal** **Crispy Rice** CEREAL

Amount/Serving	% DV	Amount/Serving	% DV
<b>Total Fat</b> 0g	<b>0%</b>	<b>Total Carbohydrate</b> 16g	
Saturated Fat 0g	0%	Dietary Fiber 0g	
Trans Fat 0g	0%	Total Sugars 2g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Incl. 2g Added Sugars	
<b>Sodium</b> 105mg	<b>5%</b>	<b>Protein</b> 1g	

**Nutrition Facts**  
Serving size 1 bowl (56g)  
Calories 190 per serving

**Ingredients:** Whole Grain Wheat, Sugar, Gelatin, Freshness preserved with Vitamin E (mixed tocopherols), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6).

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1 BOWL = 2 OZ EQUIVALENT GRAIN

**Malt O Meal** **HONEY CRUNCH** CEREAL

Amount/Serving	% DV	Amount/Serving	% DV
<b>Total Fat</b> 1.5g	<b>3%</b>	<b>Total Carb.</b> 22g	<b>8%</b>
Saturated Fat 0g	0%	Dietary Fiber 2g	6%
Trans Fat 0g	0%	Total Sugars 9g	
Polyunsaturated Fat 0.5g	1%	Incl. 9g Added Sugars	<b>18%</b>
Monounsaturated Fat 0.5g	1%	<b>Protein</b> 1g	

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

**Ingredients:** WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

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**Malt O Meal** **FRUITY PEBBLES** CEREAL

Amount/Serving	% DV	Amount/Serving	% DV
<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carbohydrate</b> 24g	<b>8%</b>
Saturated Fat 0g	0%	Dietary Fiber 0g	
Trans Fat 0g	0%	Total Sugars 13g	
Polyunsaturated Fat 0.5g	1%	Incl. 13g Added Sugars	<b>26%</b>
Monounsaturated Fat 0.5g	1%	<b>Protein</b> 1g	

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

**Ingredients:** WHOLE GRAIN OAT FLOUR, WHEAT STARCH, CALCIUM CARBONATE, SALT, TRISODIUM PHOSPHATE, CARAMEL COLOR, VITAMINS AND MINERALS: REDUCED IRON, NIACINAMIDE (VITAMIN B3), ZINC OXIDE, FOLIC ACID, RIBOFLAVIN (VITAMIN B2), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), VITAMIN B12, CONTAINS WHEAT.

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**Post** **SHREDDED WHEAT** Frosted Cereal

Amount/Serving	% DV	Amount/Serving	% DV
<b>Total Fat</b> 1g	<b>2%</b>	<b>Total Carbohydrate</b> 46g	<b>15%</b>
Saturated Fat 0g	0%	Dietary Fiber 0g	
Trans Fat 0g	0%	Total Sugars 12g	
Cholesterol 0mg	0%	Includes 1g added sugars	<b>2%</b>
<b>Sodium</b> 5mg	<b>0%</b>	<b>Protein</b> 5g	

**Nutrition Facts**  
Serving size 1 bowl (56g)  
Calories 190 per serving

**Ingredients:** Whole Grain Wheat, Sugar, Gelatin, Freshness preserved with Vitamin E (mixed tocopherols), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6).

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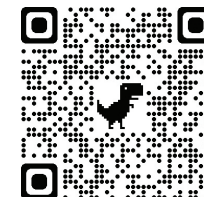
	ORDERABLE ITEM NUMBER	PACK/SIZE	OZ EQ GRAIN	SHELF LIFE (MONTHS)	KOSHER SYMBOL	SERVING SIZE (g)	TOTAL CALORIES	TOTAL FAT (g)	SAT FAT (g)	SODIUM (mg)	TOTAL CARBS (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	WHOLE GRAIN RICH	SMART SNACK QUALIFIED	CACFP QUALIFIED	≤6g TOTAL SUGARS PER OZ.
<b>SMALL BOWL PACKS</b>																			
Frosted Shredded Wheat	27177	96/1 oz	1	12		28	100	0.5	0	0	23	3	6	6	3	★	★	★	★
Frosted Strawberry Shredded Wheat	27150	96/1 oz	1	12		28	100	0.5	0	0	23	3	5	5	3	★	★	★	★
Fruity Pebbles <b>GF</b>	29594	96/1 oz	1	12	Ⓢ	28	110	1	0	150	24	0	10	10	1				
Honey Bunches of Oats Whole Grain Honey Crunch	27315	96/1 oz	1	9	Ⓢ	28	100	1.5	0	65	22	2	5	5	2	★	★	★	★
Berry Colossal Crunch	02415	96/1 oz	1	12	Ⓢ	28	110	1	0	190	24	0	13	13	1				
Cinnamon Toasters	03915	96/1 oz	1	12		28	120	3.5	0	140	22	2	9	9	1	★	★		
Coco-Roos	01515	96/.88 oz	0.75	12	Ⓢ	25	100	1	0	85	22	0	12	12	<1				
Corn Flakes <b>GF</b> - As of November 2024	00615	96/.75 oz	0.75	12	Ⓢ	21	80	0	0	120	18	<1	2	2	1			★	★
Crispy Rice <b>GF</b>	00542	96/.63oz	0.5	12	Ⓢ	18	70	0	0	105	16	0	2	2	1			★	★
Frosted Flakes	01015	96/1 oz	1	12	Ⓢ	28	110	0	0	130	25	0	10	10	1				
Honey Graham Toasters	04515	96/1 oz	1	12		28	110	3	0	240	22	1	10	10	1	★	●		
Honey Scooters <b>SPECIAL EDITION</b>	27597	96/1 oz	1	9	Ⓢ	28	110	1.5	0	170	22	2	6	6	3	★	★	★	★
Marshmallow Mateys <b>SPECIAL EDITION</b>	27596	96/1 oz	1	9		28	110	1.5	0	270	22	2	6	6	3	★	●	★	★
Raisin Bran	00715	96/1.25oz	1.25	12	Ⓢ	35	110	0.5	0	140	27	5	11	5	3	★	★		
Scooters	27164	96/1 oz	1	10	Ⓢ	28	110	2	0.5	140	21	3	0	0	3	★	★	★	★
Tootie Fruities	01315	96/.75 oz	0.75	12	Ⓢ	21	80	0.5	0	95	18	0	9	9	1				
<b>LARGE BOWL PACKS</b>																			
Frosted Shredded Wheat	27149	48/2 oz	2	12		56	190	1	0	5	46	6	12	11	5	★	★	★	★
Frosted Strawberry Shredded Wheat	27162	48/2 oz	2	12		56	190	1	0	5	46	6	11	10	5	★	★	★	★
Honey Bunches of Oats Whole Grain Honey Crunch	27313	48/2 oz	2	9	Ⓢ	57	210	2.5	0	130	45	4	11	10	4	★	●	★	★
Cinnamon Toasters	13820	48/2 oz	2	12		56	230	7	1	280	43	3	18	18	3	★	●		
Frosted Flakes	00955	48/2 oz	2	12	Ⓢ	57	220	0	0	270	51	<1	21	21	3				
Honey Graham Toasters	03759	48/2 oz	2	12		56	230	6	1	480	43	3	20	19	3	★	●		
Honey Scooters	08676	48/2 oz	2	12	Ⓢ	57	220	2.5	0	390	46	3	17	17	4	★	●		
Marshmallow Mateys	05940	48/2 oz	2	11		56	210	2	0	380	47	3	23	23	4	★	●		

**GF** Gluten Free

- This grain-only entrée does not qualify on its own to be sold as a competitive food, but can be served as a competitive food the same day as service or the following day if the school participates in the School Breakfast Program and has designated the item as the entrée in the reimbursable breakfast meal per the USDA Memo SP35-2014: [www.fns.usda.gov/cn/grain-entrees-related-smart-snacks-school-standards](http://www.fns.usda.gov/cn/grain-entrees-related-smart-snacks-school-standards)

Product information is subject to change. Refer to product label on package to verify all ingredients, allergens and nutritional information.

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