



POST CUPS

Great Taste and Great Variety!

FOODSERVICE

| | ORDERABLE ITEM NUMBER | PACK/SIZE | CASE DIMENSIONS (LXWXH) | SHIP WEIGHT (LB) |
|---|-----------------------|-------------|-------------------------|------------------|
| Cereal Cups | | | | |
| Variety Cup Pack | 28571 | 60 | 20.69 x 11.69 x 14.63 | 10.95 |
| Honey Bunches of Oats Honey Roasted (Qty: 10) | | 2 oz | | |
| Honey Bunches of Oats with Strawberries (Qty: 10) | | 2 oz | | |
| Cocoa Pebbles (Qty: 10) | | 2 oz | | |
| Fruity Pebbles (Qty: 10) | | 2 oz | | |
| Frosted Shredded Wheat (Qty:10) | | 2 oz | | |
| Raisin Bran (Qty:10) | | 3 oz | | |
| Cocoa Pebbles | 34329 | 12/ 2 oz | 12.625 x 8.625 x 7.625 | 2.65 |
| Fruity Pebbles | 34333 | 12/ 2 oz | 12.625 x 8.625 x 7.625 | 2.72 |
| Honey Bunches of Oats Honey Roasted | 34334 | 12/ 2 oz | 12.625 x 8.625 x 7.625 | 2.72 |
| Honey Bunches of Oats Almonds | 88037 | 12/ 2.25 oz | 12.625 x 8.625 x 7.625 | 2.75 |



Gluten Free

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

Visit www.postconsumerbrands.com/food-service/ for the latest information.





Honey Bunches of Oats Honey Roasted

HOB-101



| Nutrition Facts | | Amount/Serving | %DV | Amount/Serving | %DV |
|-----------------------------------|--------------------|----------------|-----|---------------------------|---------|
| Serving size 1 container (57g) | Total Fat | 2g | 2% | Total Carbohydrate | 48g 18% |
| | Saturated Fat | 0g | 0% | Dietary Fiber | 2g 9% |
| | Trans Fat | 0g | | Total Sugars | 11g |
| | Cholesterol | 0mg | 0% | Incl. 11g Added Sugars | 21% |
| | Sodium | 200mg | 9% | Protein | 4g |

Calories 220 per serving
 Vitamin D 0% • Calcium 0% • Iron 40% • Potassium 2% • Thiamin 100%
 Niacin 20% • Vitamin B6 20% • Folate 60mcg DFE (35mcg folic acid) 15%
 Pantothenic Acid 20% • Zinc 20%

INGREDIENTS: DEGERMED YELLOW CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, RICE, CANOLA AND/OR SOYBEAN OIL, CORN SYRUP, SALT, BARLEY MALT EXTRACT, MOLASSES, CINNAMON, HONEY, CARAMEL COLOR, NATURAL FLAVOR. **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.



Fruity Pebbles

FP-103



| Nutrition Facts | | Amount/Serving | %DV | Amount/Serving | %DV |
|-----------------------------------|--------------------|----------------|-----|---------------------------|---------|
| Serving size 1 container (56g) | Total Fat | 2.5g | 3% | Total Carbohydrate | 48g 18% |
| | Saturated Fat | 0g | 0% | Dietary Fiber | 0g 0% |
| | Trans Fat | 0g | | Total Sugars | 19g |
| | Cholesterol | 0mg | 0% | Incl. 19g Added Sugars | 39% |
| | Sodium | 300mg | 13% | Protein | 2g |

Calories 220 per serving
 Vitamin D 20% • Calcium 0% • Iron 8% • Potassium 0%
 Vitamin A 80% • Vitamin C 25% • Thiamin 60% • Riboflavin 60%
 Niacin 60% • Vitamin B6 40% • Folate 400mcg DFE (240mcg folic acid) 100% • Vitamin B12 100% • Zinc 25%

INGREDIENTS: RICE, SUGAR, CANOLA AND/OR SOYBEAN OIL, SALT, CONTAINS 1% OR LESS OF: NATURAL AND ARTIFICIAL FLAVOR, RED 40, YELLOW 6, YELLOW 5, BLUE 1, TURMERIC OLEORESIN (COLOR). BHT AND BHA ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: SODIUM ASCORBATE AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE (VITAMIN B3), REDUCED IRON, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID, VITAMIN D3, VITAMIN B12.

GLUTEN FREE



Cocoa Pebbles

CP-101



| Nutrition Facts | | Amount/Serving | %DV | Amount/Serving | %DV |
|-----------------------------------|--------------------|----------------|-----|---------------------------|---------|
| Serving size 1 container (56g) | Total Fat | 2.5g | 3% | Total Carbohydrate | 48g 17% |
| | Saturated Fat | 0g | 0% | Dietary Fiber | <1g 3% |
| | Trans Fat | 0g | | Total Sugars | 19g |
| | Cholesterol | 0mg | 0% | Incl. 19g Added Sugars | 38% |
| | Sodium | 340mg | 15% | Protein | 3g |

Calories 220 per serving
 Vitamin D 20% • Calcium 0% • Iron 25% • Potassium 2%
 Vitamin A 80% • Thiamin 45% • Riboflavin 60% • Niacin 45%
 Vitamin B6 40% • Folate 400mcg DFE (240mcg folic acid) 100%
 Vitamin B12 100% • Zinc 25%

INGREDIENTS: RICE, SUGAR, CANOLA AND/OR SOYBEAN OIL, COCOA (PROCESSED WITH ALKALI), SALT, CONTAINS 1% OR LESS OF: CARAMEL COLOR, NATURAL AND ARTIFICIAL FLAVOR, BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: NIACINAMIDE (VITAMIN B3), REDUCED IRON, ZINC OXIDE, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID, VITAMIN D3, VITAMIN B12.

GLUTEN FREE



Frosted Shredded Wheat

FW-100

| Nutrition Facts | | Amount/Serving | %DV | Amount/Serving | %DV |
|-----------------------------------|--------------------|----------------|-----|---------------------------|---------|
| Serving size 1 container (57g) | Total Fat | 1g | 1% | Total Carbohydrate | 47g 17% |
| | Saturated Fat | 0g | 0% | Dietary Fiber | 6g 21% |
| | Trans Fat | 0g | | Total Sugars | 12g |
| | Cholesterol | 0mg | 0% | Incl. 12g Added Sugars | 23% |
| | Sodium | 5mg | 0% | Protein | 5g |

Calories 200 per serving
 Vitamin D 0% • Calcium 0% • Iron 90% • Potassium 4%
 Thiamin 30% • Riboflavin 25% • Niacin 30% • Vitamin B6 25%
 Folate 400mcg DFE (240mcg folic acid) 100% • Vitamin B12 40%
 Phosphorus 15% • Magnesium 10% • Zinc 40%

Ingredients: Whole Grain Wheat, Sugar, Gelatin.

Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Folic Acid, Zinc Oxide (source of zinc), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin B12.

CONTAINS WHEAT.



Honey Bunches of Oats Strawberries

HSW-101



| Nutrition Facts | | Amount/Serving | %DV | Amount/Serving | %DV |
|-----------------------------------|--------------------|----------------|-----|---------------------------|---------|
| Serving size 1 container (57g) | Total Fat | 3g | 4% | Total Carbohydrate | 47g 17% |
| | Saturated Fat | 0g | 0% | Dietary Fiber | 3g 12% |
| | Trans Fat | 0g | | Total Sugars | 15g |
| | Cholesterol | 0mg | 0% | Incl. 13g Added Sugars | 25% |
| | Sodium | 230mg | 10% | Protein | 4g |

Calories 220 per serving
 Vitamin D 0% • Calcium 0% • Iron 40% • Potassium 2% • Thiamin 90%
 Niacin 15% • Vitamin B6 20% • Folate 60mcg DFE (35mcg folic acid) 15%
 Phosphorus 8% • Magnesium 6% • Zinc 20%

INGREDIENTS: CORN, SUGAR, WHOLE GRAIN WHEAT, WHOLE GRAIN ROLLED OATS, RICE FLOUR, DRIED STRAWBERRIES, CANOLA AND/OR SOYBEAN OIL, WHEAT FLOUR, MALTED BARLEY FLOUR, CORN SYRUP, SALT, MOLASSES, HONEY, CARAMEL COLOR, BARLEY MALT EXTRACT, STRAWBERRY JUICE CONCENTRATE, NATURAL FLAVOR, BHT ADDED TO PRESERVE FRESHNESS. **VITAMINS AND MINERALS:** REDUCED IRON, ZINC OXIDE, NIACINAMIDE (VITAMIN B3), THIAMIN MONONITRATE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID.

CONTAINS WHEAT.



Raisin Bran

PRB-100



| Nutrition Facts | | Amount/Serving | %DV | Amount/Serving | %DV |
|-----------------------------------|--------------------|----------------|-----|---------------------------|---------|
| Serving size 1 container (85g) | Total Fat | 1.5g | 2% | Total Carbohydrate | 67g 24% |
| | Saturated Fat | 0g | 0% | Dietary Fiber | 12g 44% |
| | Trans Fat | 0g | | Total Sugars | 27g |
| | Cholesterol | 0mg | 0% | Incl. 13g added sugars | 26% |
| | Sodium | 340mg | 15% | Protein | 7g |

Calories 270 per serving
 Vitamin D 10% • Calcium 2% • Iron 80% • Potassium 10% • Vitamin A 50% • Thiamin 70%
 Riboflavin 60% • Niacin 50% • Vitamin B6 60% • Folate 440mcg DFE (265mcg folic acid) 110%
 Vitamin B12 110% • Phosphorus 25% • Magnesium 35% • Zinc 45%

Ingredients: Whole Grain Wheat, Raisins, Wheat Bran, Sugar, Wheat Flour, Malted Barley Flour, Salt
Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin B12, Vitamin D3.

CONTAINS WHEAT.



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