



BULK CEREALS



FOODSERVICE		PRODUCT DESCRIPTIONS	TARGET BRAND	CASE CODE	PACK/SIZE
	Cinnamon Granola	Clusters of rolled oats and crisp rice with real cinnamon. 6g sugar per 1 oz equivalent grain. No artificial flavors or certified synthetic colors. Mineral fortified.	Nature Valley Oats 'n Honey	07485	4/50 oz
	Cinnamon Toasters	Real cinnamon in every bite. Crispy, sweetened whole wheat and rice cereal. No Artificial Flavors or Certified Synthetic Colors. Vitamin and Mineral fortified.	Cinnamon Toast Crunch	09831	6/32 oz
	Corn Flakes As of November 2024	Classic and crispy flakes of corn. Vitamin and mineral fortified.	Kellogg's Corn Flakes	09815	4/34 oz
	Crispy Rice	Oven toasted rice cereal that delivers simplicity in every spoonful. Vitamin and Mineral fortified.	Kellogg's Rice Krispies	90528	4/32 oz
	Frosted Mini Spooners	Frosted shredded wheat biscuits. Fortified with vitamins and minerals.	Frosted Mini-Wheats	09826	6/36 oz
	Frosted Flakes	Crispy flakes of corn with just the right amount of sweetness. Vitamin and mineral fortified.	Kellogg's Frosted Flakes	09817	4/45 oz
	Tootie Fruities	Fun and fruity corn, wheat and oat looped cereal. Natural flavor. Vitamin and Mineral fortified.	Froot Loops	09819	4/35 oz
	Berry Colossal Crunch	Crunchy corn and oat pieces with big berry flavor. Vitamin and Mineral fortified.	Cap'n Crunch's Crunch Berries	09825	4/44 oz
	Honey Graham Toasters	A honey graham cereal made from whole grain wheat and corn meal. Vitamin and Mineral Fortified. No artificial flavors or certified synthetic colors.	Golden Grahams	18904	9/24 oz
	Honey Scooters	A puffed, whole grain oat cereal in O-shaped pieces with real honey. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors.	Honey Nut Cheerios	09818	4/44 oz
	Marshmallow Mateys	A puffed, sweetened whole grain oat cereal in anchor-shaped pieces with marshmallows. Vitamin and Mineral fortified.	Lucky Charms	09821	4/42 oz
	Raisin Bran	Flakes of whole grain wheat and wheat bran with raisins. Vitamin and Mineral fortified.	Kellogg's Raisin Bran	09816	6/36 oz
	Scooters	A puffed, whole grain oat cereal in O-shaped pieces. Vitamin and Mineral fortified.	Cheerios	09813	4/34 oz
	Fruity Pebbles	A sweetened crispy rice cereal with an intense fruity flavor. Vitamin and Mineral fortified.		29592	4/40 oz
	Cocoa Pebbles	A sweetened crispy rice cereal with an intense chocolatey flavor. Vitamin and Mineral fortified.		29642	4/40 oz
	Honey Bunches of Oats Honey Roasted	A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin and Mineral fortified.		43818	8/32 oz

Post & Malt-O-Meal brand ready-to-eat cereals are conveniently bulk packed with four to eight bags per case.

A counter dispenser is the best delivery option for Post & Malt-O-Meal bulk cereals. Labor saving self-service dispensers hold the entire contents of the cereal bag. There are no half-filled bags in your supply room. Made of sturdy plastic, the dispensers are easy to assemble, dismantle for clean up, and are dishwasher safe.

Best of all, use of our dispenser is available for those that meet annual Ready-To-Eat cereal volume requirements.

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NUTRITION SPECIFICATIONS

		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.	
 Malt-O-Meal	Cinnamon Granola	K12	2	12	Ⓢ	60	260	7	1	120	45	4	13	12	5	★	★	★	★
 Malt-O-Meal	Cinnamon Toasters	K12	1.5	12		42	180	5	0.5	210	32	2	14	13	2	★	★		
 Malt-O-Meal	Corn Flakes	K12 GF	1.25	12	Ⓢ	40	150	0	0	230	35	1	4	3	3			★	★
 Malt-O-Meal	Crispy Rice	K12 GF	1.25	12	Ⓢ	41	160	0.5	0	240	36	0	4	4	3			★	★
 Malt-O-Meal	Frosted Mini Spooners	K12	2	12		60	210	1	0	10	50	6	12	12	5	★	★	★	★
 Malt-O-Meal	Frosted Flakes	K12	1.25	12	Ⓢ	41	160	0	0	190	37	0	15	15	2				
 Malt-O-Meal	Tootie Fruities	K12	1.5	12	Ⓢ	42	170	1.5	0	190	36	1	19	18	2				
 Malt-O-Meal	Berry Colossal Crunch	K12	1.25	12	Ⓢ	38	150	2	0	260	33	<1	17	17	1				
 Malt-O-Meal	Honey Graham Toasters	K12	1.5	12		42	170	4.5	0.5	360	33	2	15	14	2	★	●		
 Malt-O-Meal	Honey Scooters	K12	1.25	12	Ⓢ	41	160	2	0	280	33	2	12	12	3	★	●		
 Malt-O-Meal	Marshmallow Mateys	K12	1.5	11		42	160	1.5	0	280	35	2	17	17	3	★	●		
 Malt-O-Meal	Raisin Bran	K12	2	12	Ⓢ	61	190	1	0	240	48	9	20	9	5	★	★		
 Malt-O-Meal	Scooters	K12	1.25	10	Ⓢ	41	160	3	0.5	200	30	3	0	0	5	★	★	★	★
 Post	Fruity Pebbles	K12 GF	1.25	12	Ⓢ	36	140	1.5	0	190	31	0	12	12	1				
 Post	Cocoa Pebbles	K12 GF	1.25	12	Ⓢ	36	140	1.5	0	220	31	<1	12	12	2				
 Post	Honey Bunches of Oats Honey Roasted	K12	1.25	12	Ⓢ	42	170	3	0	180	33	2	9	8	3				



 Gluten Free

 Meets K12 Regulations

- 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

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.



Cinnamon Toasters Banana Muffins

Muffin Batter

- 2/3 cup sugar
- 2 eggs
- 3/4 cup butter
- 3 ripe bananas
- 1 3/4 cups flour
- 1 cup **Malt-O-Meal® Cinnamon Toasters** cereal crushed
- 1 1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt

Crunchy Topping

- 2 tablespoons unsalted butter melted
- 2 tablespoons all-purpose flour
- 1 cup **Malt-O-Meal® Cinnamon Toasters** cereal crushed
- 1/4 cup light brown sugar

Directions

1. Preheat oven to 350° F.
 2. Melt butter until melted and then stir in 1 cup of crushed cereal, brown sugar and flour until it becomes crumbly. Set aside.
 3. Mix sugar, butter, and eggs until creamy.
 4. Combine flour, baking powder, and salt; then add to wet ingredients.
 5. Add bananas and beat until blended.
 6. Stir in Malt-O-Meal® Cinnamon Toasters cereal.
 7. Pour batter into greased muffin tins or paper cups.
 8. Sprinkle crunchy cereal toppings on top.
- Bake for 25 to 30 minutes.