



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	11.11
	Honey Bunches of Oats Honey Roasted (Qty: 10)		2 oz		
	Honey Bunches of Oats with Almond (Qty: 10) New Item in Variety Pack		2.25 oz		
	Cocoa Pebbles ^{GF} (Qty: 10)		2 oz		
	Fruity Pebbles ^{GF} (Qty: 10)		2 oz		
	Frosted Shredded Wheat (Qty:10)		2 oz		
	Raisin Bran (Qty:10)		3 oz		
	Cocoa Pebbles ^{GF}	34329	12/ 2 oz	12.625 x 8.625 x 7.625	2.65
	Fruity Pebbles ^{GF}	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
	Oreo Puffs 1 oz Cup Available June 15, 2025	47069	12/ 1oz	12.69 X 8.69 X 7.75	1.57



^{GF} 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
		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	
Serving size 1 container (57g)					
Calories 220					
per serving					

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
		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	
Serving size 1 container (56g)					
Calories 220					
per serving					

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
		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	
Serving size 1 container (56g)					
Calories 220					
per serving					

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
		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	
Serving size 1 container (57g)					
Calories 200					
per serving					

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 Almonds

HOA-101



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
		Total Fat 3.5g	4%	Total Carbohydrate 53g	19%
		Saturated Fat 0g	0%	Dietary Fiber 3g	11%
		Trans Fat 0g		Total Sugars 12g	
		Cholesterol 0mg	0%	Incl. 11g Added Sugars	23%
		Sodium 220mg	9%	Protein 5g	
Serving size 1 container (64g)					
Calories 260					
per serving					

INGREDIENTS: DEGERMED YELLOW CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, ALMONDS, RICE, CANOLA AND/OR SOYBEAN OIL, CORN SYRUP, SALT, MOLASSES, BARLEY MALT EXTRACT, 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 AND ALMONDS.



Raisin Bran

PRB-101 RTE



Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
		Total Fat 1.5g	2%	Total Carb. 66g	24%
		Saturated Fat 0g	0%	Dietary Fiber 12g	42%
		Trans Fat 0g		Total Sugars 23g	
		Cholesterol 0mg	0%	Incl. 12g Added Sugars	24%
		Sodium 290mg	13%	Protein 7g	
Serving size 1 container (85g)					
Calories 270					
per serving					

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.

Post

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

Gluten Free

FOODSERVICE

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

ver-0325