

Post

FOODSERVICE

FULL LINE PRODUCT GUIDE



DELICIOUS FOOD FOR ALL





FOODSERVICE

		ORDERABLE ITEM NUMBER	PACK/SIZE	OZ EQ GRAIN	SHELF LIFE (MONTHS)	KOSHER SYMBOL	SERVING SIZE (g)	CALORIES	TOTAL FAT (g)	SAT FAT (g)	SODIUM (mg)	TOTAL CARBS (g)	DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	WHOLE GRAIN RICH
SMALL BOWL PACKS																	
	Berry Colossal Crunch	02415	96/1 oz	1	12	U	28	110	1	0	190	24	0	13	13	1	
	Cinnamon Toasters ≤6g of added sugar per 1 oz equiv. as of July '25 SPECIAL EDITION	03915	96/1 oz	1	12		28	120	4.0	0	150	21	1	6	6	1	★
	Coco-Roos	01515	96/.88 oz	0.75	12	U	25	100	1	0	85	22	0	12	12	<1	
	Corn Flakes GF	00615	96/.75 oz	0.75	12	U	21	80	0	0	115	18	<1	2	2	1	
	Crispy Rice GF	00542	96/.63oz	0.5	12	U	18	70	0	0	105	16	0	2	2	1	
	Frosted Flakes	01015	96/1 oz	1	12	U	28	110	0	0	130	25	0	10	10	1	
	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 GF	29594	96/1 oz	1	12	U	28	110	1	0	150	24	0	10	10	1	
	Honey Bunches of Oats Honey Crunch	27315	96/1 oz	1	9	U	28	100	1.5	0	65	22	2	5	5	2	★
	Honey Graham Toasters	04515	96/1 oz	1	12		28	110	3	0	240	22	1	10	10	1	★
	Honey Scooters SPECIAL EDITION	27597	96/1 oz	1	9	U	28	110	1.5	0	170	22	2	6	6	3	★
	Marshmallow Mateys SPECIAL EDITION	27596	96/1 oz	1	9		28	110	1.5	0	270	22	2	6	6	3	★
	Raisin Bran	00715	96/1.25oz	1	12	U	35	110	0.5	0	120	27	5	10	5	3	★
	Scooters	27164	96/1 oz	1	10	U	28	110	2	0.5	140	21	3	0	0	3	★
	Tootie Fruities	01315	96/.75 oz	0.75	12	U	21	80	0.5	0	95	18	0	9	9	1	
LARGE BOWL PACKS																	
	Cinnamon Toasters ≤6g of added sugar per 1 oz equiv. as of July '25 SPECIAL EDITION	13820	48/2 oz	2	12		56	240	8	0.5	300	43	3	12	12	3	★
	Frosted Flakes	00955	48/2 oz	2	12	U	57	220	0	0	270	51	<1	21	21	3	
	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	10	46	6	11	10	5	★
	Honey Bunches of Oats Honey Crunch	27313	48/2 oz	2	9	U	57	210	2.5	0	130	45	4	11	10	4	★
	Honey Graham Toasters	03759	48/2 oz	2	12		56	230	6	1	480	43	3	20	19	3	★
	Honey Scooters ≤6g of added sugar per 1 oz equiv. as of July '25 SPECIAL EDITION	08676	48/2 oz	2	9	U	56	210	3	0	340	44	4	12	11	6	★
	Marshmallow Mateys ≤6g of added sugar per 1 oz equiv. as of July '25 SPECIAL EDITION	05940	48/2 oz	2	9		56	220	3	0.5	540	43	4	12	11	5	★





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CEREAL CUPS																	
	Variety Cup Pack	28571	60														
	Honey Bunches of Oats Honey Roasted (Qty: 10)		2 oz	2	12	U	57	220	2	0	200	48	2	11	11	4	
	Honey Bunches of Oats with Almonds (Qty: 10)		2.25 oz	2.25	12	U	64	260	3.5	0	220	53	3	12	11	5	
	Cocoa Pebbles (Qty: 10)		2 oz	2	12	U	56	220	2.5	0	340	48	<1	19	19	3	
	Fruity Pebbles (Qty: 10)		2 oz	2	12	U	56	220	2.5	0	300	48	0	19	19	2	
	Frosted Shredded Wheat (Qty:10)		2 oz	2	12		57	200	1	0	5	47	6	12	12	5	★
	Raisin Bran (Qty:10)		3 oz	3	12	U	85	270	1.5	0	290	66	12	23	12	7	★
	Cocoa Pebbles	34329	12/ 2 oz	2	12	U	56	220	2.5	0	340	48	<1	19	19	3	
	Fruity Pebbles	34333	12/ 2 oz	2	12	U	56	220	2.5	0	300	48	0	19	19	2	
	Honey Bunches of Oats Almonds	88037	12/ 2.25 oz	2.25	12	U	64	260	3.5	0	220	53	3	12	11	5	
	Honey Bunches of Oats Honey Roasted	34334	12/ 2 oz	2	12	U	57	220	2	0	200	48	2	11	11	4	
	OREO Puffs Available June 15 2025	47069	12/1oz	1	12		28	110	1.5	0	150	24	<1	12	11	1	
BULK READY TO EAT CEREALS																	
	Apple Zings	38988	6/30 oz	1.25	12	U	39	150	1	0	180	34	<1	17	17	2	
	Berry Colossal Crunch	09825	4/44 oz	1.25	12	U	38	150	1.5	0	260	33	<1	17	17	1	
	Honey Bunches of Oats Cinnamon Granola	07485	4/50 oz	2	12	U	60	260	7	1	120	45	4	13	12	5	★
	Cinnamon Toasters	09831	6/30 oz	1.5	12		42	180	5	0.5	210	32	2	14	13	2	★
	Cocoa Dyno Bites	09832	4/48 oz	1.5	12	U	42	170	1.5	0	240	37	<1	18	18	2	
	Cocoa Pebbles	29642	4/40 oz	1.25	12	U	36	140	1.5	0	220	31	<1	12	12	2	
	Coco-Roos	38986	6/32 oz	1.5	12	U	43	170	2	0	150	38	<1	21	21	1	
	Corn Flakes	09815	4/34 oz	1.25	12	U	41	150	0	0	230	36	1	3	3	3	
	Crispy Rice	90528	4/32 oz	1.25	12	U	41	160	0.5	0	240	36	0	4	4	3	
	Frosted Flakes	09817	4/45 oz	1.25	12	U	41	160	0	0	190	37	0	15	15	2	
	Frosted Mini Spooners	09826	6/36 oz	2	12		60	210	1	0	10	50	6	12	12	5	★
	Fruity Dyno Bytes	09828	4/46 oz	1.25	12	U	36	140	1	0	230	32	0	15	15	1	
	Fruity Pebbles	29592	4/40 oz	1.25	12	U	36	140	1.5	0	190	31	0	12	12	1	
	Golden Puffs	38917	6/32 oz	1.25	12	U	38	150	0.5	0	85	34	0	21	21	2	
	Honey Bunches of Oats Honey Roasted	43818	8/32 oz	1.25	12	U	41	160	2	0	190	34	2	9	8	3	
	Honey Graham Toasters	18904	9/24 oz	1.5	12		42	170	4.5	0.5	360	33	2	15	14	2	★
	Honey Scooters	09818	4/44 oz	1.25	12	U	41	160	2	0	280	33	2	12	12	3	★
	Marshmallow Mateys	09821	4/42 oz	1.5	11		42	160	1.5	0	280	35	2	17	17	3	★
	Raisin Bran	09816	6/36 oz	2	12	U	59	190	1	0	200	46	8	16	8	5	★
	Strawberry Cream Mini-Spooners	06237	8/36 oz	2	12		60	210	1	0	10	49	6	12	11	5	★
	Toasty O's	09813	4/34 oz	1.25	10	U	41	160	3	0.5	200	30	3	0	0	5	★
	Tootie Fruities	09819	4/35 oz	1.5	12	U	42	170	1.5	0	190	36	1	19	18	2	





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HOT CEREAL PRODUCTS																	
	Apples & Cinnamon Oatmeal	11851	200/1.23 oz	1.25	18	U	35	120	1	0	200	28	3	15	11	2	★
	Maple & Brown Sugar Oatmeal	11850	200/1.51 oz	1.5	18	U	43	160	2	0	240	33	3	14	13	4	★
	Regular Instant Oatmeal	19506	200/1 oz	1	18	U	28	100	2	0	105	19	3	0	0	4	★
	Old Fashioned Oatmeal Tube	04651	12/42 oz	1.25	20	U	40	150	3	0.5	0	27	4	0	0	5	★
	Quick Oatmeal Tube	04650	12/42 oz	1.25	20	U	40	150	3	0.5	0	27	4	0	0	5	★
	Original Malt-O-Meal	00115	12/28 oz	1.25	24	U	35	130	0	0	0	27	<1	0	0	4	
	Maple Brown Sugar Malt-O-Meal	00130	12/28 oz	1.5	15	U	45	170	0	0	0	38	<1	13	13	3	
	Chocolate Malt-O-Meal	00136	12/28 oz	1.25	15	U	35	130	0	0	0	28	1	6	6	3	
	Malt-O-Meal Farina	13732	12/28 oz	1.25	24	U	35	130	0	0	0	27	<1	0	0	4	
	CoCo Wheats	18469	12/28 oz	1	15	U	31	110	0	0	0	24	1	0	0	3	
PEANUT BUTTER PRODUCTS																	
	Peter Pan Creamy	38460	12/16.3 oz	1	18	U	32	200	16	3.5	125	7	2	3	2	8	
	Peter Pan Creamy	38513	12/28 oz	1	18	U	32	200	16	3.5	125	7	2	3	2	8	
	Peter Pan Creamy	38518	6/40 oz	1	18	U	32	200	16	3.5	125	7	2	3	2	8	
	Peter Pan Creamy	38500	6/56 oz	1	18	U	32	200	16	3.5	125	7	2	3	2	8	
	Peter Pan Crunchy	38456	12/16.3 oz	1	18	U	33	210	17	3.5	100	7	2	3	2	8	
	Peter Pan Crunchy	38517	12/28 oz	1	18	U	33	210	17	3.5	100	7	2	3	2	8	
	Peter Pan Crunchy	38519	6/40 oz	1	18	U	33	210	17	3.5	100	7	2	3	2	8	
	Peter Pan Creamy Natural Peanut Spread	38452	12/16.3 oz	1	18	U	33	210	17	4	120	6	2	3	1	8	
	Peter Pan Creamy Natural Peanut Spread	38469	6/40 oz	1	18	U	33	210	17	4	120	6	2	3	1	8	
	Peter Pan Creamy Honey Roast Peanut Spread	38458	12/16.3 oz	1	18	U	34	200	14	3	130	11	2	8	7	7	
	Peter Pan Creamy Honey Roast Peanut Spread	38440	12/28 oz	1	18	U	34	200	14	3	130	11	2	8	7	7	
	Peter Pan Creamy Honey Roast Peanut Spread	38461	6/40oz	1	18	U	34	200	14	3	130	11	2	8	7	7	
	Peter Pan Crunchy Honey Roast Peanut Spread	38457	12/16.3 oz	1	18	U	34	200	15	3	110	10	2	7	6	7	



Gluten Free

A counter dispenser is the best delivery option for our bulk cereals. Our dispensers are made of sturdy food grade plastic and are easy to assemble/dismantle for cleaning. Dispensers are available for those that meet annual volume requirements.

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.



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