

Post

FOODSERVICE

K-12 PRODUCT GUIDE

2025-26 School Year



Nutrition Facts

Serving size
1 bowl (57g)

Calories 210

Ingredients: Whole Grain Wheat, Degraded Yellow Corn, Sugar, Whole Grain Rolled Oats, Rice, Canola and/or Soybean Oil, Coconut Syrup, Salt, Rice Syrup, Molasses, Honey, Cinnamon, Barley Malt Extract, Natural Flavors, Vitamins and Minerals: Ferrous Orthophosphate (source of iron), Nicotinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Hydroxide (Vitamin B2), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.

CONTAINS WHEAT.

POST CONSUMER BRANDS, LLC
LAKEVILLE, MN 55044 USA

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NET WT 2 OZ (57g)

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K-12 PRODUCT GUIDE

	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	SMART SNACK QUALIFIED	CACFP QUALIFIED	≤6g ADDED SUGARS per 1 oz
Post SMALL BOWLS																			
Corn Flakes	00615	96/.75 oz	0.75	12	Ⓢ	21	80	0	0	115	18	<1	2	2	1			★	★
Crispy Rice	00542	96/.63oz	0.5	12	Ⓢ	18	70	0	0	105	16	0	2	2	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	★	★	★	★
Honey Bunches of Oats Honey Crunch	27315	96/1 oz	1	9	Ⓢ	28	100	1.5	0	65	22	2	5	5	2	★	★	★	★
Raisin Bran	00715	96/1.25oz	1.25	12	Ⓢ	35	110	0.5	0	120	27	5	10	5	3	★	★	★	★
Scooters	27164	96/1 oz	1	10	Ⓢ	28	110	2	0.5	140	21	3	0	0	3	★	★	★	★
Malt-O-Meal SMALL BOWLS																			
Cinnamon Toasters - SPECIAL EDITION (≤6g of added sugar per 1 oz equiv. as of July'25)	03915	96/1 oz	1	12		28	120	4	0	150	21	1	6	6	1	★	★	★	★
Honey Scooters - SPECIAL EDITION	27597	96/1 oz	1	9	Ⓢ	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	★	★	★	★
Post LARGE BOWLS																			
Frosted Shredded Wheat	27149	48/2 oz	2	12		56	190	1	0	0	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	Ⓢ	57	210	2.5	0	130	45	4	11	10	4	★	★	★	★
Malt-O-Meal LARGE BOWLS																			
Cinnamon Toasters - SPECIAL EDITION (≤6g of added sugar per 1 oz equiv. as of July'25)	13820	48/2 oz	2	12		56	240	8	0.5	300	43	3	12	12	3	★	★	★	★
Honey Scooters - SPECIAL EDITION (≤6g of added sugar per 1 oz equiv. as of July'25)	08676	48/2 oz	2	9	Ⓢ	56	210	3	0	340	44	4	12	11	6	★	★	★	★
Marshmallow Mateys - SPECIAL EDITION (≤6g of added sugar per 1 oz equiv. as of July'25)	05940	48/2 oz	2	9		56	220	3	0.5	540	43	4	12	11	5	★	★	★	★



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BULK READY TO EAT CEREALS																			
Frosted Mini Spooners	09826	6/36 oz	2	12		60	210	1	0	10	50	6	12	12	5	★	★	★	★
Strawberry Cream Mini-Spooners	06237	8/36 oz	2	12		60	210	1	0	10	49	6	12	11	5	★	★	★	★
BULK READY TO EAT CEREALS																Based on 28g			
Honey Bunches of Oats Cinnamon Granola	07485	4/50 oz	2	12	Ⓢ	60	260	7	1	120	45	4	13	12	5	★	★	★	★
Corn Flakes GF	09815	4/34 oz	1.25	12	Ⓢ	41	150	0	0	230	36	1	3	3	3		●	★	★
Crispy Rice GF	90528	4/32 oz	1.25	12	Ⓢ	41	160	0.5	0	240	36	0	4	4	3		●	★	★
Honey Bunches of Oats Honey Roasted	43818	8/32 oz	1.25	12	Ⓢ	41	160	2	0	190	34	2	9	8	3		●	★	★
Raisin Bran	09816	6/36 oz	2	12	Ⓢ	61	190	1	0	240	48	9	20	9	5	★	★	★	★
Toasty O's	09813	4/34 oz	1.25	10	Ⓢ	41	160	3	0.5	200	30	3	0	0	5	★	★	★	★
OATMEAL PRODUCTS																			
Regular Instant Oatmeal	19506	200/1 oz	1	18	Ⓢ	28	100	2	0	105	19	3	0	0	4	★	★	★	★
Old Fashioned Oatmeal	04651	12/42 oz	1.25	20	Ⓢ	40	150	3	0.5	0	27	4	0	0	5	★	★	★	★
Quick Oatmeal Tube	04650	12/42 oz	1.25	20	Ⓢ	40	150	3	0.5	0	27	4	0	0	5	★	★	★	★

GF Gluten Free

★ Post Raisin Bran qualifies for CACFP as of October 1, 2025 unless permitted earlier by state agency.

● 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 (SBP) and has designated the item as an entrée in the SBP.

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.





K-12 PRODUCT DESCRIPTIONS

PRODUCT + DESCRIPTION	AVAILABLE IN
READY TO EAT CEREAL ≤6G ADDED SUGAR PER 1 OZ	
 Honey Bunches of Oats Honey Crunch A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin and Mineral fortified. No artificial flavors.	1 oz Bowl 2 oz Bowl
 Honey Bunches of Oats Cinnamon Granola Clusters of rolled oats and crisp rice with real cinnamon. No artificial flavors or certified synthetic colors. No nut or dried fruit inclusions.	Bulk Bag
 Cinnamon Toasters - SPECIAL EDITION Real cinnamon in every bite. Crispy, sweetened whole wheat and rice cereal. No Artificial Flavors or Certified Synthetic Colors. Vitamin and Mineral fortified. No BHT and no caramel color.	1 oz Bowl 2 oz Bowl
 Corn Flakes  Classic and crispy flakes of corn. Vitamin and Mineral fortified.	0.75 oz Bowl Bulk Bag
 Crispy Rice  Oven toasted rice cereal that delivers simplicity in every spoonful. Vitamin and Mineral fortified.	0.63 oz Bowl Bulk Bag
 Frosted Mini Spooners Frosted shredded wheat biscuits. Fortified with vitamins and minerals.	Bulk Bag
 Frosted Shredded Wheat Frosted shredded wheat biscuits. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors.	1 oz Bowl 2 oz Bowl
 Frosted Shredded Wheat Strawberry Frosted shredded wheat biscuits with natural strawberry flavor. Vitamin and Mineral fortified. No synthetic colors.	1 oz Bowl 2 oz Bowl
 Honey Bunches of Oats Honey Roasted A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin and Mineral fortified.	Bulk Bag
 Honey Scooters - SPECIAL EDITION A puffed, whole grain oat cereal in O-shaped pieces with real honey. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors. NO NUTS.	1 oz Bowl 2 oz Bowl
 Marshmallow Mateys - SPECIAL EDITION A puffed, sweetened toasted oat cereal in anchor-shaped pieces with marshmallows. Vitamin and Mineral fortified	1 oz Bowl 2 oz Bowl
 Strawberry Cream Frosted Mini Spooners Frosted shredded wheat biscuits with Strawberry flavor. Fortified with vitamins and minerals.	Bulk Bag
 Raisin Bran Flakes of whole grain wheat and wheat bran with raisins. Vitamin and Mineral fortified.	1.25 oz Bowl Bulk Bag
 Scooters/Toasty O's A puffed, whole grain oat cereal in O-shaped pieces. Vitamin and Mineral fortified.	1 oz Bowl Bulk Bag

PRODUCT + DESCRIPTION	AVAILABLE IN
OATMEAL	
 Old Fashioned Oats Tube 100% Whole Grain Rolled Oats. Old Fashioned rolled oats. May be prepared on the stove top or in the microwave.	Tube
 Quick Oats Tube 100% Whole Grain Rolled Oats. Quick cooking rolled oats. May be prepared on the stove top or in the microwave.	Tube
 Regular Instant Oats Whole Grain Rolled Oats. Vitamin and Mineral fortified. No artificial flavors.	Packets

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