

Post

FOODSERVICE

Post Assorted Cups 60 Cups/10 each #28571



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	0%	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.

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	0%	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.

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	0%	Total Sugars 23g	
		Cholesterol 0mg	0%	Incl. 12g Added Sugars	24%
		Sodium 290mg	13%	Protein 7g	
Serving size 1 bowl (85g)					
Calories 270					
per serving					

INGREDIENTS: Whole Grain Wheat, Raisins, Wheat Bran, Sugar, Contains 2% or less of: Molasses, Salt, Barley Malt Extract. **Vitamins and Minerals:** Reduced Iron, Zinc Oxide, Niacinamide (Vitamin B3), Folic Acid, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin D3, Vitamin B12. CONTAINS WHEAT.



GF



GF



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
		Total Fat 2.5g	3%	Total Carb. 48g	18%
		Saturated Fat 0g	0%	Dietary Fiber 0g	0%
		Trans Fat 0g	0%	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 5, YELLOW 6, BLUE 1, TURMERIC OLEORESIN (COLOR), BHT 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.

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	0%	Total Sugars 19g	
		Cholesterol 0mg	0%	Incl. 19g Added Sugars	38%
		Sodium 340mg	15%	Protein 3g	
Serving size 1 cup (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.

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	0%	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.

Case Specifications

Case Code	28517	Ship Weight (pounds)	11.11
GTIN	008-84912-28571-3	Case Cube (cu. Ft.)	2.05
Hi/Ti	3/8	Case Dimensions L x W x H (inches)	20.69 x 11.69 x 14.63
Cases per Pallet	24	Storage	Cool Dry

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