

Rice Squares

4/32 oz Bags #48495



Nutrition Facts	
About X servings per Container	
Serving size 1 2/3 cups (41g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 35g	13%
Dietary Fiber less than 1g	2%
Total Sugars 3g	
Incl. 3g Added Sugars	6%
Protein 3g	
Vitamin D 2.1mcg	10%
Calcium 140mg	10%
Iron 11.5mg	60%
Potassium 0mg	0%
Vitamin A	10%
Vitamin C	10%
Thiamin	25%
Riboflavin	25%
Niacin	25%
Vitamin B ₆	25%
Folate 200mcg DFE (115mcg folic acid)	50%
Vitamin B ₁₂	25%
Phosphorus	4%
Magnesium	4%
Zinc	25%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Ingredients: Rice, Sugar, Salt, Calcium Carbonate, Molasses, Tocopherols (Vitamin E) to maintain freshness.

Vitamins and Minerals: Sodium Ascorbate (Vitamin C), Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Vitamin A Palmitate, Vitamin D3, Folic Acid, Vitamin B12.

Nutritional and Program Specifications			RCX-101 RTE
Oz Eq Grain Credit	1.25	Smart Snacks Qualified Snack (28g serving)	Yes
Whole Grain Rich	No	200 or less Calories	Yes
Whole Grain 1 st Ingredient	No	200 mg or less Sodium	Yes
Added Sugar Compliant	Yes	35% or less Calories from Fat	Yes
Fortified	Yes	10% or less Calories from Sat Fat	Yes
Allergens	None Declared	0g Trans Fat	Yes
Artificial Flavors	No	35% or less by weight from Total Sugars	Yes
Certified Synthetic Colors	No	CACFP Qualified	Yes
Nuts	No	Buy American Compliant	Yes
BHT/BHA/TBHQ	No	Kosher	OU
HFCS	No	Shelf Life	365 Days

Case Specifications			
Case Code	48495	Ship weight (pounds)	9.67
GTIN	108-84912-48495-3	Case Cube (cu. Ft.)	1.74
Hi/Ti	5/6	Case Dimensions L x W x H (inches)	20 x 16 x 9.38
Cases per Pallet	30	Storage	Cool Dry

For more information or to find your Sales Manager: <https://www.postconsumerbrands.com/food-service/>

Product Formulation Statement for Documenting Grains In Child Nutrition Programs

(Crediting Standards Based on Exhibit A Weights per Ounce Equivalent)

Product Name: Rice Squares

Product SKU: 48495

Manufacturer: Post Consumer Brands

Serving Size: 41 g

Does the product meet the whole grain rich criteria? No **Is the product fortified?** Yes

Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16 g creditable grains per oz eq; Groups H and I use the standard of 28 g creditable grains per oz eq or volume.)

Indicate which Exhibit A Group (A-I) the product belongs: Group I - RTE Breakfast Cereals

Product Description Per Exhibit A	Portion Size of Product as Purchased A	Weight of 1 oz. eq. as Listed in Exhibit A B	Creditable Amount A ÷ B
RTE Breakfast Cereal (Cold/Dry)	41g	28g	1.46
Total Creditable Amount			1.25

Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased: 41 g

Total contribution of product (per portion) oz eq: 1.25 oz eq

I certify that the above information is true and correct and that a 41 g portion of this product (ready for serving) provides 1.25oz eq grains. I further certify that non-creditable grains are not above 0.24 oz eq per portion. Products in Group I with more than 0.24 oz eq or 6.99 g of non-creditable grains do not credit towards the grains requirement for school meals.



Victoria Schlecht
Sr. Regulatory Scientist
Post Consumer Brands

Signed: January 29, 2026

For more information on our K12 cereals

Contact Sheri Petrich, SNS, K12 Specialist: 724-971-0010 | slpetrich@postholdings.com or
Go to: <https://www.postconsumerbrands.com/food-service/>

RCX-101 RTE