



FOODSERVICE

Frosted Flakes

48/2 oz Bowl #00955



*Frosted corn flakes
fortified with vitamins &
minerals*

Nutritional and Program Specifications			SFF-100.1 BB
Oz Eq Grain Credit	2	Smart Snacks Qualified Snack	Yes, if day of/after menued as Entree
Whole Grain Rich	No	200 or less Calories	No
Whole Grain 1 st Ingredient	No	200 mg or less Sodium	No
6g Added Sugar Compliant	No	35% or less Calories from Fat	Yes
Fortified	Yes	10% or less Calories from Sat Fat	Yes
Allergens	Wheat	0g Trans Fat	Yes
Artificial Flavors	No	35% or less by weight from Total Sugars	No
Certified Synthetic Colors	No	CACFP Qualified	No
Nuts	No	Buy American Compliant	Yes – Made in the USA
BHT/BHA/TBHQ	No	Kosher	OU
HFCs	No	Shelf Life	365 Days
Case Specifications			
Pack	48/ 2 oz	Ship Weight (pounds)	8.86
GTIN	100-42400-00955-6	Case Cube (cu. Ft.)	1.89
Ti/Hi	5/5	Case Dimensions L x W x H (inches)	21.5 X 16 X 9.5
Cases per Pallet	25	Storage	Cool / Dry

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



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48/2 oz Bowl #00955

Post Classic
Soft Transition
Thru July 2025

Post
FROSTED FLAKES
CEREAL

Nutrition Facts

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 0g	0%	Total Carbohydrate 51g	19%
Saturated Fat 0g	0%	Dietary Fiber <1g	2%
Trans Fat 0g		Total Sugars 21g	
Cholesterol 0mg	0%	Incl. 21g added sugars	41%
Sodium 270mg	12%	Protein 3g	

Serving size
1 bowl (57g)

Calories 220
per serving

Ingredients: Milled Corn, Sugar, Contains 2% or less of: Corn Syrup, Salt, Barley Malt Extract, Wheat Starch.
Vitamins and Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Thiamin Mononitrate (Vitamin B1), Calcium Pantothenate (a B-Vitamin), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid.
CONTAINS WHEAT.

POST CONSUMER BRANDS, LLC, LAKEVILLE, MN 55044, USA

1-800-431-POST (7678) or visit us on the web at:
postconsumerbrands.com
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©MALT-O-MEAL

BEST IF USED BY

NET WT 2 OZ (56g)

42400 00955 9



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FOODSERVICE

Product Formulation Statement for Documenting Grains In Child Nutrition Programs

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

Product Name: Frosted Flakes

Product SKU: 00955

Manufacturer: Post Consumer Brands

Serving Size: 57 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)	57 g	28 g	2 oz eq
Total Creditable Amount			2 oz eq

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: 57 g

Total contribution of product (per portion) oz eq: 2 oz eq

I certify that the above information is true and correct and that a 57 g portion of this product (ready for serving) provides 2 oz 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 8, 2025

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/>

SFF 101.1 BB