

Post

FOODSERVICE

BOWL PACK CEREAL

A full line of BOWL PACK breakfast cereals. Post offers a wide variety of great tasting and nutritious cereals to meet your menu needs. Great for grab-and go!





BOWL PACK CEREAL

	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)	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 OZ.
SMALL BOWL PACKS																			
Berry Colossal Crunch	02415	96/1 oz	1	12	Ⓢ	28	110	1	0	190	24	0	13	13	1				
Cinnamon Toasters - To be replaced by Special Edition in July'25	03915	96/1 oz	1	12	0	28	120	3.5	0	140	22	2	9	9	1	★	★		
Cinnamon Toasters - SPECIAL EDITION ≤6g of added sugar per 1 oz equiv. as of July'25	03915	96/1 oz	1	12	0	28	120	3.5	0	130	21	1	6	6	1	★	★	★	★
Coco-Roos	01515	96/.88 oz	0.75	12	Ⓢ	25	100	1	0	85	22	0	12	12	<1				
Corn Flakes GF	00615	96/.75 oz	0.75	12	Ⓢ	21	80	0	0	120	18	<1	2	2	1		●	★	★
Crispy Rice GF	00542	96/.63oz	0.5	12	Ⓢ	18	70	0	0	105	16	0	2	2	1		●	★	★
Frosted Flakes	01015	96/1 oz	1	12	Ⓢ	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	Ⓢ	28	110	1	0	150	24	0	10	10	1				
Honey Bunches of Oats Honey Crunch	27315	96/1 oz	1	9	Ⓢ	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	Ⓢ	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	1.25	12	Ⓢ	35	110	0.5	0	140	27	5	11	5	3	★	★	★	★
Scooters	27164	96/1 oz	1	10	Ⓢ	28	110	2	0.5	140	21	3	0	0	3	★	★	★	★
Tootie Fruities	01315	96/.75 oz	0.75	12	Ⓢ	21	80	0.5	0	95	18	0	9	9	1				
LARGE BOWL PACKS																			
Cinnamon Toasters - To be replaced by Special Edition in July'25	13820	48/2 oz	2	12		56	230	7	1	280	43	3	18	18	3	★	●		
Cinnamon Toasters - SPECIAL EDITION ≤6g of added sugar per 1 oz equiv. as of July'25	13820	48/2 oz	2	12		56	240	7	1	260	43	3	12	12	3	★	●	★	★
Frosted Flakes	00955	48/2 oz	2	12	Ⓢ	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	5	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	★	●	★	★
Honey Graham Toasters	03759	48/2 oz	2	12		56	230	6	1	480	43	3	20	19	3	★	●		
Honey Scooters - To be replaced by Special Edition in July'25	08676	48/2 oz	2	12	Ⓢ	57	220	2.5	0	390	46	3	17	17	4	★	●		
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 - To be replaced by Special Edition in July'25	05940	48/2 oz	2	11		56	210	2	0	380	47	3	23	23	4	★	●		
Marshmallow Mateys - SPECIAL EDITION ≤6g of added sugar per 1 oz equiv. as of July'25	27596	48/2 oz	2	9		56	220	3	1	540	43	4	12	11	5	★	●	★	★

GF Gluten Free

- 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.

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