

# Post

FOODSERVICE

## K-12 PRODUCT GUIDE

2025-26 School Year



**Post**  
**HONEY BUNCHES OF OATS**  
**HONEY CRUNCH**  
MADE WITH WHOLE GRAIN  
CEREAL

**Nutrition Facts**  
Serving size 1 bowl (57g)  
Calories 210

Amount per serving		% Daily Value*
Total Fat	2.5g	5%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	135mg	3%
Vitamin D	0%	0%
Niacin	15%	30%
Pantothenic Acid	20%	40%
Total Carbohydrate	45g	17%
Dietary Fiber	4g	14%
Total Sugars	11g	22%
Incl. 10g Added Sugars	21%	
Protein	5g	10%

Ingredients: Whole Grain Wheat, Dehydrated Yellow Corn, Sugar, Whole Grain Rolled Oats, Rice, Canola and/or Soybean Oil, Corn Syrup, Salt, Rice Syrup, Molasses, Honey, Cinnamon, Barley Malt Extract, Natural Flavor, Vitamins and Minerals: Ferric Orthophosphate (source of iron), Niacinamide (Vitamin B3), Zinc Oxide, Thiamin Mononitrate (Vitamin B1), Calcium Phosphate (Vitamin B9), 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)

1 BOWL = 2 OZ EQUIVALENT GRAIN

1-800-441-1000 or visit us on the web at PostConsumerBrands.com

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	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 TOTAL ADDED SUGARS per 1 oz	
<b>Post SMALL BOWLS</b>																				
Corn Flakes <b>GF</b>	00615	96/.75 oz	0.75	12	Ⓢ	21	80	0	0	120	18	<1	2	2	1		●	★	★	
Crispy Rice <b>GF</b>	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	140	27	5	11	5	3	★	★	★	★	
Scooters	27164	96/1 oz	1	10	Ⓢ	28	110	2.0	0.5	140	21	3	0	0	3	★	★	★	★	
<b>Multi-Meal SMALL BOWLS</b>																				
Cinnamon Toasters - <b>SPECIAL EDITION</b> (≤6g of added sugar per 1 oz equiv. as of July'25)	03915	96/1 oz	1	12		28	120	3.5	0	130	21	1	6	6	1	★	★	★	★	
Honey Scooters - <b>SPECIAL EDITION</b>	27597	96/1 oz	1	9	Ⓢ	28	110	1.5	0	170	22	2	6	6	3	★	★	★	★	
Marshmallow Mateys - <b>SPECIAL EDITION</b>	27596	96/1 oz	1	9		28	110	1.5	0	270	22	2	6	6	3	★	●	★	★	
<b>Post LARGE BOWLS</b>																				
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	★	●	★	★	
<b>Multi-Meal LARGE BOWLS</b>																				
Cinnamon Toasters - <b>SPECIAL EDITION</b> (≤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	★	●	★	★	
Honey Scooters - <b>SPECIAL EDITION</b> (≤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 - <b>SPECIAL EDITION</b> (≤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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	ORDERABLE ITEM NUMBER	PACK/SIZE	OZ EQ GRAIN	SHELF LIFE (Months)	KOSHER SYMBOL	SERVING SIZE (g)	TOTAL CALORIES	TOTAL FAT (g)	SAT FAT (g)	SODIUM (mg)	TOTAL CARBS (g)	TOTAL DIETARY FIBER (g)	TOTAL SUGARS (g)	ADDED SUGARS (g)	PROTEIN (g)	WHOLE GRAIN RICH	SMART SNACK QUALIFIED	CACFP QUALIFIED	≤6g TOTAL ADDED SUGARS per 1 oz	
<b>Milk &amp; Meal BULK READY TO EAT CEREALS</b>																				
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	★	★	★	★	
<b>Post BULK READY TO EAT CEREALS</b>																				
Cinnamon Granola	07485	4/50 oz	2	12	Ⓢ	60	260	7	1	120	45	4	13	12	5	★	★	★	★	
Corn Flakes <b>GF</b>	09815	4/34 oz	1.25	12	Ⓢ	40	150	0	0	230	35	1	4	3	3		●	★	★	
Crispy Rice <b>GF</b>	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	1.5	12	Ⓢ	42	170	3	0	180	33	2	9	8	3		●	★	★	
Raisin Bran	09816	6/36 oz	2	12	Ⓢ	61	190	1	0	240	48	9	20	9	5	★	★	★	★	
Scooters	09813	4/34 oz	1.25	10	Ⓢ	41	160	3	0.5	200	30	3	0	0	5	★	★	★	★	
<b>HEARTY OATMEAL PRODUCTS</b>																				
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	★	★	★	★	



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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# K-12 PRODUCT DESCRIPTIONS

PRODUCT + DESCRIPTION	AVAILABLE IN
<b>READY TO EAT CEREAL ≤6G ADDED SUGAR PER 1 OZ</b>	
 <b>Honey Bunches of Oats Honey Crunch</b> A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin and Mineral fortified. 5g sugar per 1 oz eq grain serving. No artificial flavors. CACFP & Smart Snack Compliant.	<b>1 oz Bowl 2 oz Bowl</b>
 <b>Cinnamon Granola</b> Clusters of rolled oats and crisp rice with real cinnamon. 6g sugar per 1 oz equivalent grain. No artificial flavors or certified synthetic colors.	<b>Bulk Bag</b>
 <b>Cinnamon Toasters - SPECIAL EDITION</b> Real cinnamon in every bite. Crispy, sweetened whole wheat and rice cereal. 6g sugar per 1 oz equivalent grain and no Artificial Flavors or Certified Synthetic Colors. Vitamin and Mineral fortified.	<b>1 oz Bowl 2 oz Bowl</b>
 <b>Corn Flakes </b> Classic and crispy flakes of corn. Vitamin and Mineral fortified.	<b>0.75 oz Bowl Bulk Bag</b>
 <b>Crispy Rice </b> Oven toasted rice cereal that delivers simplicity in every spoonful. Vitamin and Mineral fortified.	<b>0.63 oz Bowl Bulk Bag</b>
 <b>Frosted Mini Spooners</b> Frosted shredded wheat biscuits. Fortified with vitamins and minerals.	<b>Bulk Bag</b>
 <b>Frosted Shredded Wheat</b> Frosted shredded wheat biscuits. 6g sugar per 1 oz equivalent grain. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors.	<b>1 oz Bowl 2 oz Bowl</b>
 <b>Frosted Shredded Wheat Strawberry</b> Frosted shredded wheat biscuits with natural strawberry flavor. 6g sugar per 1 oz equivalent grain. Vitamin and Mineral fortified.	<b>1 oz Bowl 2 oz Bowl</b>
 <b>Honey Bunches of Oats Honey Roasted</b> A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin and Mineral fortified.	<b>Bulk Bag</b>
 <b>Honey Scooters - SPECIAL EDITION</b> A puffed, whole grain oat cereal in O-shaped pieces with real honey. 6g sugar per 1 oz equivalent grain. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors. NO NUTS.	<b>1 oz Bowl 2 oz Bowl</b>
 <b>Marshmallow Mateys - SPECIAL EDITION</b> A puffed, sweetened toasted oat cereal in anchor-shaped pieces with marshmallows. 6g sugar per 1 oz equivalent grain. Vitamin and Mineral fortified.	<b>1 oz Bowl 2 oz Bowl</b>
 <b>Strawberry Cream Frosted Mini Spooners</b> Frosted shredded wheat biscuits with Strawberry flavor. Fortified with vitamins and minerals.	<b>Bulk Bag</b>
 <b>Raisin Bran</b> Flakes of whole grain wheat and wheat bran with raisins. Vitamin and Mineral fortified.	<b>1.25 oz Bowl Bulk Bag</b>
 <b>Scooters</b> A puffed, whole grain oat cereal in O-shaped pieces. Vitamin and Mineral fortified.	<b>1 oz Bowl Bulk Bag</b>

## OATMEAL

 <b>Old Fashioned Oats Tube</b> 100% Whole Grain Rolled Oats. Old Fashioned rolled oats. May be prepared on the stove top or in the microwave.	<b>Tube</b>
 <b>Quick Oats Tube</b> 100% Whole Grain Rolled Oats. Quick cooking rolled oats. May be prepared on the stove top or in the microwave.	<b>Tube</b>
 <b>Regular Instant Oats</b> Whole Grain Rolled Oats. Vitamin and Mineral fortified. No artificial flavors.	<b>Packets</b>

K-12 Guide last updated November 2024. Nutritional information is subject to change. See product label on package to verify ingredients and allergens.