



POST CUPS

Great Taste and Great Variety!

FOODSERVICE

	ORDERABLE ITEM NUMBER	PACK/SIZE	CASE DIMENSIONS (LXWXH)	SHIP WEIGHT (LB)
Cereal Cups				
Variety Cup Pack	28571	60	20.69 x 11.69 x 14.63	10.95
Honey Bunches of Oats Honey Roasted (Qty: 10)		2 oz		
Honey Bunches of Oats with Strawberries (Qty: 10)		2 oz		
Cocoa Pebbles (Qty: 10)		2 oz		
Fruity Pebbles (Qty: 10)		2 oz		
Frosted Shredded Wheat (Qty:10)		2 oz		
Raisin Bran (Qty:10)		3 oz		
Cocoa Pebbles	34329	12/ 2 oz	12.625 x 8.625 x 7.625	2.65
Fruity Pebbles	34333	12/ 2 oz	12.625 x 8.625 x 7.625	2.72
Honey Bunches of Oats Honey Roasted	34334	12/ 2 oz	12.625 x 8.625 x 7.625	2.72
Honey Bunches of Oats Almonds	88037	12/ 2.25 oz	12.625 x 8.625 x 7.625	2.75



Gluten Free

Product information is subject to change. Refer to product label on package to verify all ingredients, allergens and nutritional information.

Visit www.postconsumerbrands.com/food-service/ for the latest information.





Honey Bunches of Oats Honey Roasted

HOB-101



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 2g		2g	2%	Total Carbohydrate 48g	18%
Saturated Fat 0g		0g	0%	Dietary Fiber 2g	9%
Trans Fat 0g		0g	0%	Total Sugars 11g	
Serving size 1 container (57g)		Cholesterol 0mg	0%	Incl. 11g Added Sugars	21%
		Sodium 200mg	9%	Protein 4g	

Calories 220 per serving
 Vitamin D 0% • Calcium 0% • Iron 40% • Potassium 2% • Thiamin 100%
 Niacin 20% • Vitamin B6 20% • Folate 60mcg DFE (35mcg folic acid) 15%
 Pantothenic Acid 20% • Zinc 20%

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.



Fruity Pebbles

FP-103



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 2.5g		2.5g	3%	Total Carbohydrate 48g	18%
Saturated Fat 0g		0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		0g	0%	Total Sugars 19g	
Serving size 1 container (56g)		Cholesterol 0mg	0%	Incl. 19g Added Sugars	39%
		Sodium 300mg	13%	Protein 2g	

Calories 220 per serving
 Vitamin D 20% • Calcium 0% • Iron 8% • Potassium 0%
 Vitamin A 80% • Vitamin C 25% • Thiamin 60% • Riboflavin 60%
 Niacin 60% • Vitamin B6 40% • Folate 400mcg DFE (240mcg folic acid) 100% • Vitamin B12 100% • Zinc 25%

INGREDIENTS: RICE, SUGAR, CANOLA AND/OR SOYBEAN OIL, SALT, CONTAINS 1% OR LESS OF: NATURAL AND ARTIFICIAL FLAVOR, RED 40, YELLOW 6, YELLOW 5, BLUE 1, TURMERIC OLEORESIN (COLOR), BHT AND BHA 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.
GLUTEN FREE



Cocoa Pebbles

CP-101



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 2.5g		2.5g	3%	Total Carbohydrate 48g	17%
Saturated Fat 0g		0g	0%	Dietary Fiber <1g	3%
Trans Fat 0g		0g	0%	Total Sugars 19g	
Serving size 1 container (56g)		Cholesterol 0mg	0%	Incl. 19g Added Sugars	38%
		Sodium 340mg	15%	Protein 3g	

Calories 220 per serving
 Vitamin D 20% • Calcium 0% • Iron 25% • Potassium 2%
 Vitamin A 80% • Thiamin 45% • Riboflavin 60% • Niacin 45%
 Vitamin B6 40% • Folate 400mcg DFE (240mcg folic acid) 100%
 Vitamin B12 100% • Zinc 25%

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.
GLUTEN FREE



Frosted Shredded Wheat

FW-100

Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1g		1g	1%	Total Carbohydrate 47g	17%
Saturated Fat 0g		0g	0%	Dietary Fiber 6g	21%
Trans Fat 0g		0g	0%	Total Sugars 12g	
Serving size 1 Container (57g)		Cholesterol 0mg	0%	Incl. 12g Added Sugars	23%
		Sodium 5mg	0%	Protein 5g	

Calories 200 per serving
 Vitamin D 0% • Calcium 0% • Iron 90% • Potassium 4%
 Thiamin 30% • Riboflavin 25% • Niacin 30% • Vitamin B6 25%
 Folate 400mcg DFE (240mcg folic acid) 100% • Vitamin B12 40%
 Phosphorus 15% • Magnesium 10% • Zinc 40%

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.



Honey Bunches of Oats Strawberries

HSW-101



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 3g		3g	4%	Total Carbohydrate 47g	17%
Saturated Fat 0g		0g	0%	Dietary Fiber 3g	12%
Trans Fat 0g		0g	0%	Total Sugars 15g	
Serving size 1 container (57g)		Cholesterol 0mg	0%	Incl. 13g Added Sugars	25%
		Sodium 230mg	10%	Protein 4g	

Calories 220 per serving
 Vitamin D 0% • Calcium 0% • Iron 40% • Potassium 2% • Thiamin 90%
 Niacin 15% • Vitamin B6 20% • Folate 60mcg DFE (35mcg folic acid) 15%
 Phosphorus 8% • Magnesium 6% • Zinc 20%

INGREDIENTS: CORN, SUGAR, WHOLE GRAIN WHEAT, WHOLE GRAIN ROLLED OATS, RICE FLOUR, DRIED STRAWBERRIES, CANOLA AND/OR SOYBEAN OIL, WHEAT FLOUR, MALTED BARLEY FLOUR, CORN SYRUP, SALT, MOLASSES, HONEY, CARAMEL COLOR, BARLEY MALT EXTRACT, STRAWBERRY JUICE CONCENTRATE, NATURAL FLAVOR, BHT ADDED TO PRESERVE FRESHNESS. **VITAMINS AND MINERALS:** REDUCED IRON, ZINC OXIDE, NIACINAMIDE (VITAMIN B3), THIAMIN MONONITRATE (VITAMIN B1), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLIC ACID.
CONTAINS WHEAT.



Raisin Bran

PRB-100



Nutrition Facts		Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1.5g		1.5g	2%	Total Carbohydrate 67g	24%
Saturated Fat 0g		0g	0%	Dietary Fiber 12g	44%
Trans Fat 0g		0g	0%	Total Sugars 27g	
Serving size 1 container (85g)		Cholesterol 0mg	0%	Incl. 13g added sugars	26%
		Sodium 340mg	15%	Protein 7g	

Calories 270 per serving
 Vitamin D 10% • Calcium 2% • Iron 80% • Potassium 10% • Vitamin A 50% • Thiamin 70%
 Riboflavin 60% • Niacin 50% • Vitamin B6 60% • Folate 440mcg DFE (265mcg folic acid) 110%
 Vitamin B12 110% • Phosphorus 25% • Magnesium 35% • Zinc 45%

Ingredients: Whole Grain Wheat, Raisins, Wheat Bran, Sugar, Wheat Flour, Malted Barley Flour, Salt. **Vitamins and Minerals:** Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Vitamin A Palmitate, Pyridoxine Hydrochloride (Vitamin B6), Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Folic Acid, Vitamin B12, Vitamin D3.
CONTAINS WHEAT.



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