

# Post

FOODSERVICE

# FULL LINE PRODUCT GUIDE







**FOODSERVICE**

	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 SUGARS PER OZ.
<b>SMALL CEREAL BOWL PACKS</b>																			
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 <sup>GF</sup>	29594	96/1 oz	1	12	Ⓢ	28	110	1	0	150	24	0	10	10	1				
Honey Bunches of Oats Whole Grain Honey Crunch	27315	96/1 oz	1	9	Ⓢ	28	100	1.5	0	65	22	2	5	5	2	★	★	★	★
Berry Colossal Crunch	02415	96/1 oz	1	12	Ⓢ	28	110	1	0	190	24	0	13	13	1				
Cinnamon Toasters	03915	96/1 oz	1	12		28	120	3.5	0	140	22	2	9	9	1	★	★		
Coco-Roos	01515	96/.88 oz	0.75	12	Ⓢ	25	100	1	0	85	22	0	12	12	<1				
Corn Flakes <sup>GF</sup> As of November 2024	00615	96/.75 oz	0.75	12	Ⓢ	21	80	0	0	120	18	<1	2	2	1			★	★
Crispy Rice <sup>GF</sup>	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				
Honey Graham Toasters	04515	96/1 oz	1	12		28	110	3.0	0	240	22	1	10	10	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	★	●	★	★
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	★	★	★	★
Tootie Fruities	01315	96/.75 oz	0.75	12	Ⓢ	21	80	0.5	0	95	18	0	9	9	1				

<b>LARGE CEREAL BOWL PACKS</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 Whole Grain Honey Crunch	27313	48/2 oz	2	9	Ⓢ	57	210	2.5	0	130	45	4	11	10	4	★	●	★	★
Cinnamon Toasters	13820	48/2 oz	2	12		56	230	7	1	280	43	3	18	18	3	★	●		
Frosted Flakes	00955	48/2 oz	2	12	Ⓢ	57	220	0	0	270	51	<1	21	21	3				
Honey Graham Toasters	03759	48/2 oz	2	12		56	230	6	1	480	43	3	20	19	3	★	●		
Honey Scooters	08676	48/2 oz	2	12	Ⓢ	57	220	2.5	0	390	46	3	17	17	4	★	●		
Marshmallow Mateys	05940	48/2 oz	2	11		56	210	2	0	380	47	3	23	23	4	★	●		





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<b>CEREAL CUPS</b>																			
Variety Cup Pack	28571	60																	
Honey Bunches of Oats Honey Roasted (Qty: 10)		2 oz	2	12	Ⓢ	57	220	2	0	200	48	2	11	11	4				
Honey Bunches of Oats with Strawberries (Qty: 10)		2 oz	2	12	Ⓢ	57	220	3	0	220	47	3	15	13	4				
Cocoa Pebbles (Qty: 10) <span style="color: green;">GF</span>		2 oz	2	12	Ⓢ	56	220	2.5	0	340	48	<1	19	19	3				
Fruity Pebbles (Qty: 10) <span style="color: green;">GF</span>		2 oz	2	12	Ⓢ	56	220	2.5	0	300	48	0	19	19	2				
Frosted Shredded Wheat (Qty: 10)		2 oz	2	12		57	200	1	0	5	47	6	12	12	5	★	★	★	★
Raisin Bran (Qty: 10)		3 oz	3	12	Ⓢ	85	270	1.5	0	340	67	12	27	13	7	★	●		
Cocoa Pebbles <span style="color: green;">GF</span>	34329	12/2 oz	2	12	Ⓢ	56	220	2.5	0	340	48	<1	19	19	3				
Fruity Pebbles <span style="color: green;">GF</span>	34333	12/2 oz	2	12	Ⓢ	56	220	2.5	0	300	48	0	19	19	2				
Honey Bunches of Oats Honey Roasted	34334	12/2 oz	2	12	Ⓢ	57	220	2	0	200	48	2	11	11	4				
Honey Bunches of Oats Almonds	88037	12/2.25 oz	2.25	12	Ⓢ	64	260	3.5	0	220	53	3	12	11	5				

<b>BULK PACK READY TO EAT CEREALS</b>																			
Cinnamon Granola	07485	4/50 oz	2	12	Ⓢ	60	260	7	1	120	45	4	13	12	5	★	★	★	★
Cinnamon Toasters	09831	6/30 oz	1.5	12		42	180	5	0.5	210	32	2	14	13	2	★	★		
Corn Flakes <span style="color: green;">GF</span> As of November 2024	09815	4/34 oz	1.25	12	Ⓢ	40	150	0	0	230	35	1	4	3	3			★	★
Crispy Rice <span style="color: green;">GF</span>	90528	4/32 oz	1.25	12	Ⓢ	41	160	0.5	0	240	36	0	4	4	3			★	★
Frosted Mini Spooners	09826	6/36 oz	2	12		60	210	1	0	10	50	6	12	12	5	★	★	★	★
Frosted Flakes	09817	4/45 oz	1.25	12	Ⓢ	41	160	0	0	190	37	0	15	15	2				
Tootie Fruities	09819	4/35 oz	1.5	12	Ⓢ	42	170	1.5	0	190	36	1	19	18	2				
Berry Colossal Crunch	09825	4/44 oz	1.25	12	Ⓢ	38	150	2	0	260	33	<1	17	17	1				
Honey Graham Toasters	18904	9/24 oz	1.5	12		42	170	4.5	0.5	360	33	2	15	14	2	★	●		
Honey Scooters	09818	4/44 oz	1.25	12	Ⓢ	41	160	2	0	280	33	2	12	12	3	★	●		
Marshmallow Mateys	09821	4/42 oz	1.5	11		42	160	1.5	0	280	35	2	17	17	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	★	★	★	★
Fruity Pebbles <span style="color: green;">GF</span>	29592	4/40 oz	1.25	12	Ⓢ	36	140	1.5	0	190	31	0	12	12	1				
Cocoa Pebbles <span style="color: green;">GF</span>	29642	4/40 oz	1.25	12	Ⓢ	36	140	1.5	0	220	31	<1	12	12	2				
Honey Bunches of Oats Honey Roasted	43818	8/32 oz	1.25	12	Ⓢ	42	170	3	0	180	33	2	9	8	3				





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<b>HOT CEREAL PRODUCTS</b>																			
Apples & Cinnamon Oatmeal	11851	200/1.23 oz	1.25	18	Ⓢ	35	120	1	0	200	28	3	15	11	2	★	●		
Maple & Brown Sugar Oatmeal	11850	200/1.51 oz	1.5	18	Ⓢ	43	160	2	0	240	33	3	14	13	4	★	●		
Regular Instant Oatmeal	19506	200/1 oz	1	18	Ⓢ	28	100	2	0	105	19	3	0	0	4	★	★	★	★
Hearty Traditions Oatmeal Variety Pack (Regular, Maple & Brown Sugar, Apple & Cinnamon)	11887	12/13 oz	Note: See above items for nutritional information																
Old Fashioned Oatmeal Tube	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	★	★	★	★
Original Malt-O-Meal	00115	12/28 oz	1.25	24	Ⓢ	35	130	0	0	0	27	<1	0	0	4			★	★
Maple Brown Sugar Malt-O-Meal	00130	12/28 oz	1.5	15	Ⓢ	45	170	0	0	0	38	<1	13	13	3				
Chocolate Malt-O-Meal	00136	12/28 oz	1.25	15	Ⓢ	35	130	0	0	0	28	1	6	6	3			★	★
Malt-O-Meal Farina	13732	12/28 oz	1.25	24	Ⓢ	35	130	0	0	0	27	<1	0	0	4			★	★
CoCo Wheats	18469	12/28 oz	1	15	Ⓢ	31	110	0	0	0	24	1	0	0	3			★	★

<b>PEANUT BUTTER PRODUCTS</b>																			
Peter Pan Crunchy <b>GF</b>	38456	12/16.3 oz		18	Ⓢ	33	210	17	3.5	100	7	2	3	2	8			★	★
Peter Pan Honey Roast Crunchy <b>GF</b>	38457	12/16.3 oz		18	Ⓢ	34	200	15	3	110	10	2	7	6	7		★	★	★
Peter Pan Honey Roast Creamy <b>GF</b>	38458	12/16.3 oz		18	Ⓢ	34	200	14	3	130	11	2	8	7	7		★		
Peter Pan Creamy <b>GF</b>	38460	12/16.3 oz		18	Ⓢ	32	200	16	3.5	125	7	2	3	2	8		★	★	★
Peter Pan Creamy <b>GF</b>	38513	12/28 oz		18	Ⓢ	32	200	16	3.5	125	7	2	3	2	8		★	★	★
Peter Pan Crunchy <b>GF</b>	38517	12/28 oz		18	Ⓢ	33	210	17	3.5	100	7	2	3	2	8		★	★	★
Peter Pan Creamy <b>GF</b>	38503	3/96 oz		18	Ⓢ	32	200	16	3.5	125	7	2	3	2	8		★	★	★

Note: Please contact your Sales Representative for other peanut butter options available.



- 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 and has designated the item as the entrée in the reimbursable breakfast meal per the USDA Memo SP35-2014: [www.fns.usda.gov/cn/grain-entrees-related-smart-snacks-school-standards](http://www.fns.usda.gov/cn/grain-entrees-related-smart-snacks-school-standards)

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

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