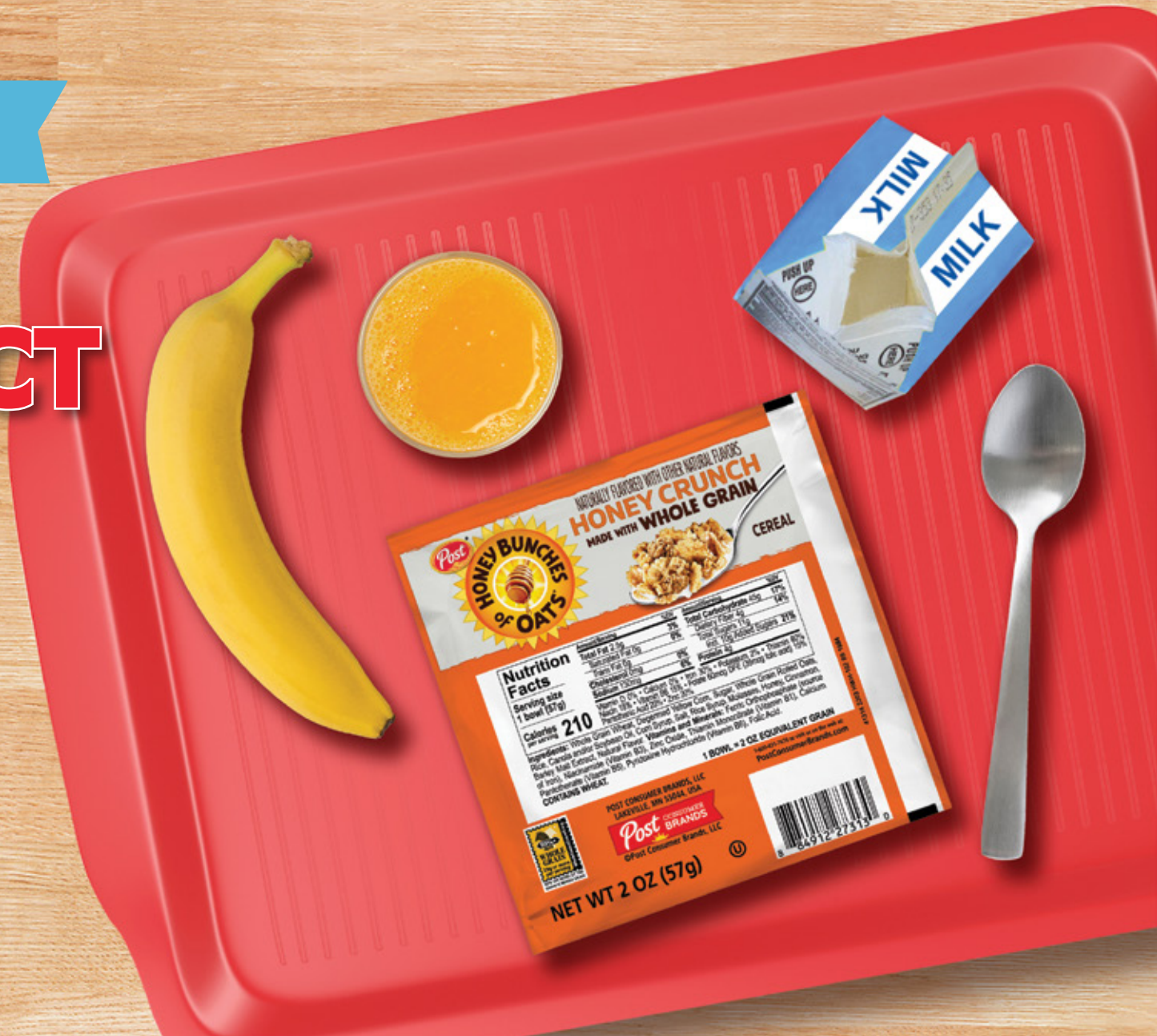
Post

FOODSERVICE

K-12 PRODUCT GUIDE

2024-25 School Year

SNF FOUNDATION FRIEND



K-12 PRODUCT GUIDE

	ORDERABLE ITEM NUMBER	PACK/SIZE	0Z 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 1 oz
SMALL BOWLS																			
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 Whole Grain Honey Crunch	27315	96/1 oz	1	9	Ⓤ	28	100	1.5	0	65	22	2	5	5	2	★	★	★	★
SMALL BOWLS																			
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 GF - As of November 2024	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				
Honey Graham Toasters	04515	96/1 oz	1	12		28	110	3.0	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	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 BOWLS																			
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	★	●	★	★
LARGE BOWLS																			
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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BULK READY TO EAT CEREALS																			
Cinnamon Granola	07485	4/50 oz	2	12	Ⓤ	60	260	7	1	120	45	4	13	12	5	★	★	★	★
Cinnamon Toasters	09831	6/32 oz	1.5	12		42	180	5	0.5	210	32	2	14	13	2		★		
Corn Flakes GF - As of November 2024	09815	4/34 oz	1.25	12	Ⓤ	40	150	0	0	230	35	1	4	3	3			★	★
Crispy Rice GF	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	★	★	★	★
BULK READY TO EAT CEREALS																			
Fruity Pebbles GF	29592	4/40 oz	1.25	12	Ⓤ	36	140	1.5	0	190	31	0	12	12	1				
Cocoa Pebbles GF	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	1.5	12	Ⓤ	42	170	3	0	180	33	2	9	8	3				
OATMEAL PRODUCTS																			
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	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	★	★	★	★

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

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.

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K-12 PRODUCT DESCRIPTIONS

PRODUCT + DESCRIPTION	AVAILABLE IN
READY TO EAT CEREAL	
Honey Bunches of Oats Whole Grain Honey Crunch 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.	**1 oz Bowl** **2 oz Bowl**
Honey Bunches of Oats Honey Roasted A perfect combination of crispy flakes, crunchy oat clusters with a touch of honey. Vitamin and Mineral fortified.	**Bulk Bag**
Frosted Shredded Wheat Frosted shredded wheat biscuits. 6g sugar per 1 oz equivalent grain. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors.	**1 oz Bowl** **2 oz Bowl**
Frosted Shredded Wheat Strawberry Frosted shredded wheat biscuits with natural strawberry flavor. 6g sugar per 1 oz equivalent grain. Vitamin and Mineral fortified.	**1 oz Bowl** **2 oz Bowl**
Fruity Pebbles GF A sweetened crispy rice cereal with an intense fruity flavor. Vitamin and Mineral fortified.	**1 oz Bowl** **Bulk Bag**
Cocoa Pebbles GF A sweetened crispy rice cereal with an intense chocolatey flavor. Vitamin and Mineral fortified.	**Bulk Bag**
Cinnamon Granola Clusters of rolled oats and crisp rice with real cinnamon. 6g sugar per 1 oz equivalent grain. No artificial flavors or certified synthetic colors.	**Bulk Bag**
Berry Colossal Crunch Crunchy corn and oat pieces with big berry flavor. Vitamin and Mineral fortified.	**1 oz Bowl** **Bulk Bag**
Cinnamon Toasters Real cinnamon in every bite. Crispy, sweetened whole wheat and rice cereal. No Artificial Flavors or Certified Synthetic Colors. Vitamin and Mineral fortified.	**1 oz Bowl** **2 oz Bowl** **Bulk Bag**
Crispy Rice GF Oven toasted rice cereal that delivers simplicity in every spoonful. Vitamin and Mineral fortified.	**0.63 oz Bowl** **Bulk Bag**
Coco-Roos Crispy, crunchy corn puffs made with real cocoa. Vitamin and Mineral fortified.	**0.88 oz Bowl**
Corn Flakes GF - As of November 2024 Classic and crispy flakes of corn. Vitamin and Mineral fortified.	**0.75 oz Bowl** **Bulk Bag**
Frosted Flakes Crispy flakes of corn with just the right amount of sweetness. Vitamin and mineral fortified.	**1 oz Bowl** **2 oz Bowl** **Bulk Bag**
Frosted Mini Spooners Frosted shredded wheat biscuits. Fortified with vitamins and minerals.	**Bulk Bag**
Honey Graham Toasters A honey graham cereal made from whole grain wheat and corn meal. Vitamin and Mineral Fortified. No artificial flavors or certified synthetic colors.	**1 oz Bowl** **2 oz Bowl** **Bulk Bag**
Honey Scooters A puffed, whole grain oat cereal in O-shaped pieces with real honey. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors. NO NUTS.	**2 oz Bowl** **Bulk Bag**
Honey Scooters SPECIAL EDITION 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.	**1 oz Bowl**
Marshmallow Mateys SPECIAL EDITION A puffed, sweetened whole grain oat cereal in anchor-shaped pieces with marshmallows. 6g sugar per 1 oz equivalent grain. Vitamin and Mineral fortified.	**1 oz Bowl**
Marshmallow Mateys A puffed, sweetened whole grain oat cereal in anchor-shaped pieces with marshmallows. Vitamin and Mineral fortified.	**2 oz Bowl** **Bulk Bag**
Raisin Bran Flakes of whole grain wheat and wheat bran with raisins. Vitamin and Mineral fortified.	**1.25 oz Bowl** **Bulk Bag**
Scooters A puffed, whole grain oat cereal in O-shaped pieces. Vitamin and Mineral fortified.	**1 oz Bowl** **Bulk Bag**
Tootie Fruities Fun and fruity corn, wheat and oat looped cereal. Natural flavor. Vitamin and mineral fortified.	**0.75 oz Bowl** **Bulk Bag**
OATMEAL	
Apples & Cinnamon Instant Oats Whole Grain Rolled Oats with real apples and cinnamon. Vitamin and Mineral fortified. No artificial flavors or certified synthetic colors.	**Packets**
Maple & Brown Sugar Instant Oats Whole Grain Rolled Oats. Vitamin and Mineral fortified. Maple & Brown Sugar Flavored. No artificial flavors.	**Packets**
Regular Instant Oats Whole Grain Rolled Oats. Vitamin and Mineral fortified. No artificial flavors.	**Packets**
Old Fashioned Oats Tube 100% Whole Grain Rolled Oats. Old Fashioned rolled oats. May be prepared on the stove top or in the microwave.	**Tube**
Quick Oats Tube 100% Whole Grain Rolled Oats. Quick cooking rolled oats. May be prepared on the stove top or in the microwave.	**Tube**

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