



FOODSERVICE

Frosted Shredded Wheat 48/2 oz Bowl #27149



Shredded Wheat

Frosted shredded wheat biscuits

Nutrition Facts

Serving size 1 bowl (56g)
Calories per serving 190

Amount/Serving	%DV	Amount/Serving	%DV
Total Fat 1g	1%	Total Carbohydrate 46g	17%
Saturated Fat 0g	0%	Dietary Fiber 6g	21%
Trans Fat 0g		Total Sugars 12g	
Cholesterol 0mg	0%	Includes 11g added sugars	23%
Sodium 5mg	0%	Protein 5g	

Vitamin D 0% • Calcium 0% • Iron 50% • Potassium 4% • Thiamin 90% • Niacin 25%
Vitamin B6 25% • Folate 60mcg DFE (35mcg folic acid) 15% • Pantothenic Acid 20%
Phosphorus 15% • Magnesium 8% • Zinc 10%

Ingredients: Whole Grain Wheat, Sugar, Gelatin. Freshness preserved with Vitamin E (mixed tocopherols).
Vitamins and Minerals: Reduced Iron, Folic Acid, Niacinamide (Vitamin B3), Calcium Pantothenate (a B-Vitamin), Thiamin Mononitrate (Vitamin B1), Pyridoxine Hydrochloride (Vitamin B6).
CONTAINS WHEAT.

1 BOWL = 2 OZ EQUIVALENT GRAIN



POST CONSUMER BRANDS, LLC
LAKEVILLE, MN 55044, USA



1-800-431-7678 or visit us on the web at:
PostConsumerBrands.com



NET WT 2 OZ (56g)

Nutritional and Program Specifications

FA 100 BB

Oz Eq Grain Credit	2	Smart Snacks Qualified Snack	Yes
Whole Grain Rich	Yes	200 or less Calories	Yes
Whole Grain 1 st Ingredient	Yes	200 mg or less Sodium	Yes
6g Added Sugar Compliant	Yes	35% or less Calories from Fat	Yes
Fortified	Yes	10% or less Calories from Sat Fat	Yes
Allergens	Wheat	0g Trans Fat	Yes
Artificial Flavors	No	35% or less by weight from Total Sugars	Yes
Certified Synthetic Colors	No	CACFP Qualified	Yes
Nuts	No	Buy American Compliant	Yes – Made in USA
BHT/BHA/TBHQ	No	Kosher	No
HFCS	No	Shelf Life	365 Days

Case Specifications

Pack	48/ 2 oz	Ship Weight (pounds)	8.87
GTIN	108-84912-27149-2	Case Cube (cu. Ft.)	1.89
Ti/Hi	5/5	Case Dimensions L x W x H (inches)	21.5 X 16 X 9.5
Cases per Pallet	25	Storage	Cool / Dry

For more information or to find your Sales Manager: <https://www.postconsumerbrands.com/food-service/>



FOODSERVICE

Product Formulation Statement for Documenting Grains In Child Nutrition Programs

(Crediting Standards Based on Exhibit A Weights per Ounce Equivalent)

Product Name: Frosted Shredded Wheat

Product SKU: 27149

Manufacturer: Post Consumer Brands

Serving Size: 56 g Bowl

Does the product meet the whole grain rich criteria? **Yes** Is the product fortified? **Yes**

Use Exhibit A: Grain Requirements for Child Nutrition Programs in the Food Buying Guide for Child Nutrition Programs (FBG) to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). (Different methodologies are applied to calculate the grains contribution based on creditable grains. Groups A-G use the standard of 16 g creditable grains per oz eq; Groups H and I use the standard of 28 g creditable grains per oz eq or volume.)

Indicate which Exhibit A Group (A-I) the product belongs: **Group I - RTE Breakfast Cereals**

Product Description Per Exhibit A	Portion Size of Product as Purchased A	Weight of 1 oz. eq. as Listed in Exhibit A B	Creditable Amount A ÷ B
RTE Breakfast Cereal (Cold/Dry)	56 g	28 g	2 oz eq
Total Creditable Amount			2 oz eq

Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased: **56 g**

Total contribution of product (per portion) oz eq: **2 oz eq**

I certify that the above information is true and correct and that a **56 g** portion of this product (ready for serving) provides **2 oz eq grains**. I further certify that non-creditable grains are not above 0.24 oz eq per portion. Products in Group I with more than 0.24 oz eq or 6.99 g of non-creditable grains do not credit towards the grains requirement for school meals.

Victoria Schlecht
Sr. Regulatory Scientist
Post Consumer Brands

Signed: January 2, 2025

For more information on our K12 cereals

Contact Sheri Petrich, SNS, K12 Specialist: 724-971-0010 | slpetrich@postholdings.com or

Go to: <https://www.postconsumerbrands.com/food-service/>

FA 100 BB