

# Product Information



FOODSERVICE

## Frosted Shredded Wheat - large bowl pack

<b>Post Frosted Shredded Wheat Bowl Pack</b>	<b>FA-1 BB</b>	Lightly frosted shredded wheat biscuits. Less than 6g sugar per 1 oz eq grain. Excellent source of 8 vitamins and minerals. No artificial flavors or certified synthetic colors.
<b>Pack &amp; Size</b>	48 / 2 oz	
<b>Meets K12 2 oz Equivalent Grain</b>		
<b>Case</b>	27149	<p style="text-align: center;"><b>All Family Favorite</b></p> <p style="text-align: center;"><b>Only 11g Sugar (less than 6g per 1 oz serving)</b></p> <p style="text-align: center;"><b>Whole Grain Wheat 1st Ingredient</b></p> <p style="text-align: center;"><b>44g whole grain per serving. 100% Whole Grain Stamp.</b></p> <p style="text-align: center;"><b>Smart Snack Qualified</b></p> <p style="text-align: center;"><b>1 bowl = 2 oz equivalent grain</b></p> <p style="text-align: center;"><b>8 Essential Vitamins and Minerals</b></p> <p style="text-align: center;"><b>Excellent Source of: Iron, Folic Acid, Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Zinc</b></p>
<b>Case GTIN</b>	1 08 84912 27149 2	
<b>Shipping Weight (lbs.)</b>	8.86	
<b>Case Cube (cu. ft.)</b>	1.89	
<b>Case Dimensions LxWxH (inches)</b>	21.5 x 16.0 x 9.5	
<b>Pallet: Tier (Cases per layer)</b>	5	
<b>Pallet: Hi (Number of Layers)</b>	5	
<b>Cases per pallet</b>	25	
<b>Meets USDA Whole Grain Criteria</b>	yes: 1st Ingredient = Whole Grain Wheat	
<b>Allergens Present</b>	Wheat	
<b>County of Origin</b>	USA	

Actual Bowl Pack Lid pictured below

**Post**  
**SHREDDED WHEAT**  
**Frosted Cereal**  
Naturally Flavored

**Nutrition Facts**  
Serving Size 1 bowl (56g)  
Calories 190  
Calories from Fat 10

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	2%	Potassium 200mg	6%
Saturated Fat 0g	0%	Total Carbohydrate 46g	15%
Trans Fat 0g		Dietary Fiber 6g	23%
Cholesterol 0mg	0%	Sugars 11g	
Sodium 5mg	0%	Protein 5g	

\*Percent Daily Values are based on a 2,000 calorie diet.  
Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 90% • Thiamin 25% • Riboflavin 25%  
Niacin 25% • Vitamin B6 25% • Folic Acid 100% • Vitamin B12 25% • Zinc 25%

**Ingredients:** Whole Grain Wheat, Sugar, Gelatin. Freshness Preserved with Vitamin E (mixed tocopherols). **Vitamins & Minerals:** Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide (source of zinc), Pyridoxine Hydrochloride (Vitamin B6), Folic Acid, Riboflavin (Vitamin B2), Thiamin Mononitrate (Vitamin B1), Vitamin B12.

Contains Wheat. **1 BOWL = 2 OZ EQUIVALENT GRAIN**

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1-800-431-7678 or visit us on the web at:  
[PostConsumerBrands.com](http://PostConsumerBrands.com)

**100% WHOLE GRAIN**  
44g or more per serving  
100% OF THE GRAIN IS WHOLE GRAIN

**NET WT 2 OZ (56g)**

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oz equivalent grain	2 oz
% Whole Grain	100%
< 6.99g non-creditable grains per 1 oz	✓
≤ 150 calories	
≤ 35% calories from fat	✓
≤ 10% calories from saturated fat	✓
≤ 35% sugar by weight	✓
0g trans fat per serving	✓
Smart Snack Qualified	✓
Shelf Life (days)	365
Kosher Symbol	none
Calories per serving	190
Total Fat	1g
Sodium	5mg
Total Carbs	46g
Dietary Fiber	6g
Sugar	11g
Protein	5g

# Formulation Statement for Documenting Grains in School Meals

(Crediting Standards Based on Revised Exhibit A weights per oz equivalent)

**Product Name:** Post Frosted Shredded Wheat Bowl Pack  
**Manufacturer:** Post Consumer Brands

**Code No:** 27149  
**Serving Size:** 2 oz

**I. Does the product meet the Whole Grain-Rich Criteria: Yes**

(Refer to SP 30-2012 Grain Requirements for National School Lunch Program and School Breakfast Program.)

**II. Does the product contain non-creditable grains: No**

**How many grams:** 0

(Products with more than .24oz equivalent or 3.99 grams for Groups A-G and 6.99 grams for Group H of non-creditable grains may not credit toward the grain requirements for school meals.)

**III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program:**

**Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals).**

(Please be aware that different methodologies are applied to calculate servings of grain component based on creditable grains.

Group A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain

per oz eq; and Group I is reported by volume or weight.)

Indicate which Exhibit A Group (A-I) the Product Belongs:

I

Description of Product per Food Buying Guide	Portion Size of Product as Purchased A	Weight of one ounce equivalent as listed in SP 30-2012 B	Creditable Amount A ÷ B
RTE Cereal	2	1	2
<b>Total Creditable Amount<sup>1</sup></b>			<b>2</b>

<sup>1</sup>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: 2 oz

Total contribution of product (per portion) 2 oz equivalent

I further certify that the above information is true and correct and the a 2 ounce portion of this product (ready for serving) provides 2 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Merrilee Olson 4/11/2017

Signature & Date

Merrilee Olson  
Printed Name

K12 Sales Manager  
Title

763-245-0853  
Phone #



### Smart Snacks Product Calculator Results

Brand: Post

Product Name: Frosted Shredded Wheat Bowl Pack

Serving Size: 56.70 g

First Ingredient: Whole Grain Wheat

Your whole grain product meets all nutrient standards for entrees or snack foods. for entrees.

### Nutrition Facts

Serving Size 2 oz (about 56.70 g)

Servings Per Container

Amount Per Serving

**Calories 190** **Calories from Fat 10**

**Total Fat (g) 1**

Saturated Fat (g) 0

Trans Fat (g) 0

**Sodium (mg) 5**

**Carbohydrates**

Sugars (g) 11

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA



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