

# Product Information

**Post**  
FOODSERVICE

## Frosted Shredded Wheat Blueberry - large bowl pack

<b>Post</b> <b>Frosted Shredded Wheat</b> <b>Blueberry Bowl Pack</b>	<b>FWY-7 BB</b>	Lightly frosted shredded wheat biscuits with natural blueberry flavor and freeze dried granulated blueberries. Less than 6g sugar per 1 oz eq grain. Contains 8 essential 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>	27163	<b>All Family Favorite</b>  <b>Only 11g Sugar (less than 6g per 1 oz serving)</b>  <b>Whole Grain Wheat 1st Ingredient</b>  <b>Smart Snack Qualified</b>  <b>1 bowl = 2 oz equivalent grain</b>  <b>8 Essential Vitamins and Minerals</b>  <b>Excellent Source of: Iron, Folic Acid</b>  <b>Good Source of: Thiamin, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Zinc</b>
<b>Case GTIN</b>	1 08 84912 27163 8	
<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 Blueberry Cereal**  
NATURALLY FLAVORED

**Nutrition Facts**  
Serving Size 1 bowl (56g)  
Calories 200  
Calories from Fat 10  
\*Percent Daily Values are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1g	2%	Potassium 200mg	6%
Saturated Fat 0g	0%	Total Carbohydrate 46g	15%
Trans Fat 0g	0%	Dietary Fiber 6g	24%
Cholesterol 0mg	0%	Sugars 11g	
Sodium 5mg	0%	Protein 5g	

Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 90% • Thiamin 25% • Riboflavin 20% • Niacin 25% • Vitamin B6 25% • Folic Acid 90% • Vitamin B12 25% • Phosphorus 15% • Magnesium 10% • Zinc 25%

**Ingredients:** Whole Grain Wheat, Sugar, Dried Blueberries, Gelatin, Vegetable Juice (color), Natural Flavor. 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.**

**PARTIALLY PRODUCED WITH GENETIC ENGINEERING**

**1 BOWL = 2 OZ EQUIVALENT GRAIN**

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

**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 Blueberry Bowl Pack

**Manufacturer:** Post Consumer Brands

**Code No:** 27163

**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* 2/17/2018

**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 Blueberry 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) 1

**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

**Post**

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