



POST

057413 - Cereal *Disc*Vanilla Honey Bunch Oats Wg

No artificial flavors



Nutrition Facts

Servings per Container 1
Serving size 28grams (1Each)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 5g Added Sugar	10%
Protein 2g	
Vitamin D 1.6mcg	8%
Calcium 10mg	1%
Iron 9mg	50%
Potassium 80mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

* Benefits

Ingredients

Ingredients:Whole Grain Wheat, Sugar, Rice, Whole Grain Rolled Oats, Canola Oil, Corn Syrup, Wheat Flour, Malted Barley Flour, Degermed Corn Meal, Salt, Molasses, Honey, Caramel Color, Natural Flavr, Vitamins and Minerals: Reduced Iron, Niacinamide (Vitamin B3), Zinc Oxide, Pyridoxine Hydrochloride (Vitamin B6), Vitamin A Palmitate, Thiamin Mononitrate (Vitamin B1), Riboflavin (Vitamin B2), Vitamin B12, Folic Acid, Vitamin D3.CONTAINS WHEAT.

⚠ Allergens

Handling Suggestions

Dry Storage

Serving Suggestions

Serve with 1/2 cup milk

Prep & Cooking Suggestions

Ready to Eat

✍ Product Specifications

Brand	Manufacturer
POST	POST FOODSERVICE

MFG #	SPC #	GTIN	Pack	Pack Desc.
34523	057413	10884912345230	96	96/1OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
8.67lb	6lb	USA		No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
16.56in	13in	14.38in	1.79ft3	9x3	365DAYS	40°F / 111°F



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Nutrition Analysis - By Serving

Calories	110	Total Fat	1.5g	Sodium	75mg
Protein	2	Trans Fats	0g	Calcium	10mg
Total Carbohydrates...	23g	Saturated Fat	0g	Iron	9mg
Sugars	6g	Added Sugars	5g	Potassium	80mg
Dietary Fiber	2g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	1.6mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	0mg	Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

