

Adult Healthy Cereals



Brand Cereals



All Family Cereals



Classic Kids Cereals



Grab 'n Go
Single Serve Cups



Ralston
Foodservice



Brand Cereal Product Information



Product Specifications

UPC Code	DOT	Product Description	Case Information						Unit Load Information					Key Nutritional Facts					
			Pack Size (oz)	Case Count	Weight Lbs.	Width	Length	Height	Case Cubic (Ft.)	Weight (Lbs.)	Width	Length	Height	Unit Cubic (Ft.)	Serving Size (g)	Whole Grain (g/serv)	Fiber (g/serv)	Sat Fat (g/serv)	Essential Vitamins & Minerals
		All Family Cereals																	
088491201425	481468	Honey Bunches of Oats - Almond	14.5	12	13.20	13.00	15.44	11.56	1.343	561.69	40.00	48.00	51.88	57.64	32	10	2	0	9
088491201427	507769	Honey Bunches of Oats - Almond	18	10	14.60	11.94	15.94	12.94	1.425	506.50	39.81	47.81	44.44	48.96	32	10	2	0	9
088491201426	511123	Honey Bunches of Oats - Honey Roasted	18	10	14.60	11.94	15.94	12.94	1.425	506.50	39.81	47.81	44.44	48.96	30	10	2	0	9
088491201446	509086	Honey Bunches of Oats - Honey Roasted	48	4	14.50	11.75	15.94	14.25	1.544	506.05	40.00	48.00	48.38	53.75	30	10	2	0	9
088491211221	422501	Honey Bunches of Oats - Strawberry	13	12	12.50	13.00	15.44	11.56	1.343	520.97	40.00	48.00	51.88	57.64	31	9	2	0	9
088491211275	430321	Honey Bunches of Oats - Peach	13	12	12.50	13.00	15.44	11.56	1.343	520.97	40.00	48.00	51.88	57.64	31	9	2	0	9
088491201278	514631	Honey Bunches of Oats - Cinnamon	18	10	14.60	11.94	15.94	12.94	1.425	506.50	39.81	47.81	44.44	48.96	30	9	2	0	9
088491201786		Honey Bunches of Oats - Vanilla	12	18	16.30	13.00	15.44	11.56	1.343	656.19	40.00	48.00	51.88	57.64	56	31	4	0	11
088491211411	371631	Raisin Bran	15	14	15.90	13.13	15.94	10.44	1.263	641.50	40.00	48.00	47.38	52.64	59	22	8	0	13
088491211412	371632	Raisin Bran	47	6	20.70	9.81	23.75	12.94	1.745	567.30	40.00	48.00	44.44	49.38	59	22	8	0	13
		Adult Healthy Cereals																	
088491211314	422509	Bran Flakes	16	12	14.80	13.00	15.44	11.56	1.343	602.19	40.00	48.00	51.88	57.64	30	16	5	0	13
088491210541	371624	Grape-Nuts	32	14	30.80	13.13	15.94	10.44	1.264	1178.8	40.00	48.00	47.38	52.64	58	33	7	0	12
088491210531	371623	Grape-Nuts	64	8	36.20	13.31	16.00	13.31	1.641	1047.4	40.00	48.00	45.56	50.63	58	33	7	0	12
088491210905	371626	Grape-Nuts Flakes	18	10	14.60	11.94	15.94	12.94	1.529	508.00	39.81	47.81	44.44	48.96	29	23	3	0	9
088491210934	385974	Grape-Nuts Flakes	14	12	13.30	13.00	15.44	11.56	1.343	548.19	40.00	48.00	51.88	57.64	29	23	3	0	9
088491211650	371633	Selects - Banana Nut Crunch	15.5	14	16.30	13.13	15.94	10.44	1.264	657.12	40.00	48.00	47.38	52.64	59	40	4	0.5	13
088491210210	371616	Selects - Blueberry Morning	13.5	14	14.60	13.13	15.94	10.44	1.264	594.52	40.00	48.00	47.38	52.64	55	14	2	0	9
088491210305	371617	Selects - Cranberry Almond Crunch	13	14	14.10	13.13	15.94	10.44	1.264	578.86	40.00	48.00	47.38	52.64	51	23	3	0	11
088491212601	371635	Selects - Great Grains Crunchy Pecans	16	14	16.80	13.13	15.94	10.44	1.264	673.25	40.00	48.00	47.38	52.64	51	32	5	0.5	12
088491212611	371636	Selects - Great Grains Raisin-Date-Pecan	16	14	16.80	13.13	15.94	10.44	1.264	673.25	40.00	48.00	47.38	52.64	54	29	5	0	12
088491218008	371640	Shredded Wheat - Biscuit	15	12	15.40	16.00	19.56	12.31	2.230	347.97	40.00	48.00	36.94	41.04	47	47	6	0	4
088491218051	477244	Shredded Wheat - Spoon Size	23.6	10	18.00	12.81	15.94	14.13	1.669	556.05	40.00	48.00	48.00	53.33	49	49	6	0	5
088491218160	372576	Shredded Wheat - Frosted	19	12	17.00	13.00	15.44	11.56	1.343	682.97	39.00	48.00	46.31	50.17	52	42	5	0	10
088491218170	473343	Shredded Wheat - Honey Nut	20	12	17.80	13.00	15.44	11.56	1.343	710.19	39.00	48.00	46.31	50.17	52	42	5	0	10
		Classic Kids Cereals																	
088491202509	506728	Alpha-Bits	11.5	12	11.80	13.31	15.94	12.94	1.589	388.60	39.94	47.81	44.44	49.11	28	15	2	0	11
088491212951	506729	Cocoa Pebbles	11	12	11.20	12.00	14.75	11.56	1.184	518.00	38.75	48.00	51.88	55.85	30	0	-	1	10
088491212965	506730	Cocoa Pebbles	15	12	14.47	13.31	15.94	12.94	1.589	460.61	39.94	47.81	44.44	49.12	30	0	-	1	10
088491212974	506733	Fruity Pebbles	15	12	14.47	13.31	15.94	12.94	1.589	460.61	39.94	47.81	44.44	49.12	30	0	-	1	11
088491212978	371639	Fruity Pebbles	34	6	15.80	9.81	23.75	12.94	1.745	450.38	40.00	48.00	44.44	49.38	30	0	-	1	11
088491211762	506734	Golden Crisp	14.75	12	14.30	13.31	15.94	12.94	1.589	456.10	39.94	47.81	44.44	49.12	27	0	<1	0	10
088491211181	506735	Honey-Comb	16	10	14.30	16.00	19.44	14.31	2.576	327.40	38.88	48.00	48.57	52.45	32	8	1	0	10
088491210370	506737	Waffle Crisp	11.5	12	11.80	13.31	15.94	12.94	1.589	388.60	39.94	47.81	44.44	49.12	30	0	<1	0	10
		Single Serve Cups																	
088491200110	516161	Cocoa Pebbles	2.1	12	2.33	12.00	8.00	7.50	.42	349.00	40.00	48.00	50.63	56.26	60	-	<1	0	10
088491200111	516162	Fruity Pebbles	2.0	12	2.25	12.00	8.00	7.50	.42	340.00	40.00	48.00	50.63	56.26	57	-	0	2	11
088491200112	516163	Honey Bunches of Oats - Almonds	2.25	12	2.44	12.00	8.00	7.50	.42	362.50	40.00	48.00	50.63	56.26	64	20	4	0.05	9
088491200113	516164	Honey Bunches of Oats - Honey Roast	2.1	12	2.33	12.00	8.00	7.50	.42	349.00	40.00	48.00	50.63	56.26	60	20	4	0	9

