



**Product Name:** Quaker® Instant Oatmeal Cup - Honey & Almonds  
**Serving Size:** 1 cup (50 g; 1.76 oz)

**Product Code:** 56205  
**Date:** 01/01/2024

**Grains Based on Grams of Creditable Grains**

Does this product meet the Whole Grain-Rich Criteria:   
 Does this product contain non-creditable grains:

Description of Creditable Grain Ingredient	Exhibit A Group (A - I) the Product Belongs To	Grams of Creditable Grain Ingredient per Portion (A)	Gram Standard of Creditable Grain per oz Equivalent (B)	Creditable Amount (A / B)
Whole Grain Oats	Group H	31.00 g	28.00 g	1.1071 oz eq.
<b>Total Grains Based on Grams of Creditable Grains Creditable Amount:</b>				<b>1.00 oz eq.</b>

**Meal Pattern Contribution Statement**

I certify that the above information is true and correct and that a **1 cup (50 g; 1.76 oz)** ounce serving of the above product (ready for serving) provides **1.00** oz equivalent Grains when prepared according to directions.

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.

*Rachel Huber*

Signature

Rachel Huber, MPH, RDN

Printed Name

PepsiCo Foodservice Dietitian

Title

972-334-4789

Phone Number

**Quaker, Instant Oatmeal, Honey and Almond, 1.76 Oz, 12 Count**

GTIN: 00030000562055 | UPC:  
NET CONTENT: | PRODUCT ID: 56205



QUAKER Honey and Almond Instant Oatmeal Cups feature the hearty taste of QUAKER Instant Oatmeal with honey and almond flavor in an easy- to- use single serving cup. Easy to prepare; just add water or milk, heat and serve right in the cup. Great option for your breakfast bar or for your grab- and- go section next to your microwave.

**FEATURES & BENEFITS**

- QUAKER Honey and Almond Instant Oatmeal Cups feature the hearty taste of QUAKER Instant Oatmeal with honey and almond flavor in an easy- to- use single serving cup.
- Easy to prepare; just add water or milk, heat and serve right in the cup.
- Great option for your breakfast bar or for your grab- and- go section next to your microwave.

**INSTRUCTIONS**

- All products are code dated with expiration date. Rotate product to insure fresh products. Destroy out of code products. Store out of direct sunlight at room temperature.
- Microwave

- No High Fructose Corn Syrup
- No Artificial Preservatives
- No Added Colors
- No Artificial Flavors

<b>Brand Owner</b>	PepsiCo Inc. Brand Owner
<b>Brand Name</b>	Quaker
<b>Manufacturer</b>	QTG
<b>Volume</b>	.337 Cubic foot
<b>Minimum Life Span (days)</b>	
<b>From Arrival: 150</b>	<b>From Production: 270</b>
<b>Storage &amp; Handling Temperature</b>	
<b>Minimum: 35 °F</b>	<b>Maximum: 85 °F</b>
<b>Origin</b>	
<b>Region:</b>	<b>Country: US</b>

**INGREDIENTS:** WHOLE GRAIN OATS, SUGAR, ROASTED ALMONDS, CHICORY ROOT EXTRACT, WHEY PROTEIN ISOLATE, SALT, NATURAL FLAVOR, HONEY, SOY LECITHIN.

**CONTAINS ALMOND, MILK AND SOY INGREDIENTS.**

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving Size</b>	<b>1 Package (50 g)</b>
Amount Per Serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
<b>Total Fat</b> 4g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrates</b> 34g	13%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 10g Added Sugars	19%
<b>Protein</b> 7g	
Vitamin D 0mcg 0%	Calcium 30mg 2%
Iron 1.4mg 8%	Potassium 140mg 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.

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000562059	Pallet	144	57 x 41.75 x 48 Inches	190.08 Pound	302.4 Pound	18 x 8
00030000562055	Case	12	7.125 x 7.438 x 11 Inches	1.32 Pound	2.17 Pound	18 x 7
00030000319574	Each	1	3 x 4.06 x 4.06 Inches	1.76 Ounce	1.76 Ounce	

  

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
40030000562053	Pallet	161	54.875 x 40.75 x 48 Inches	212.52 Pound	349.37 Pound	23 x 7
00030000562055	Case	12	7.125 x 7.438 x 11 Inches	1.32 Pound	2.17 Pound	18 x 7

Additional information not displayed



00030000562055



20030000562059

Product formulation, packaging and promotions may change. For current information, refer to packaging. Information may also differ from package labels because of the limited space on some packages.

## Smart Snacks Product Calculator Results

Brand:  
**Instant Quaker Oatmeal - Express Cup**

Product Name:  
**Honey & Almonds**

Serving Size:  
**49.90 g**

First Ingredient:  
**Whole Grain Oats**

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

for sides.

## Nutrition Facts

**Serving Size** 1.76 oz (about 49.90 g) ⓘ

**Servings Per Container**

Amount Per Serving

**Calories** 190

**Total Fat (g)** 4

Saturated Fat (g) 0.5

Trans Fat (g) 0

**Sodium (mg)** 180

**Carbohydrates**

Total Sugars (g) 10

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

*The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.*