



**Product Name:** Quaker® Instant Oatmeal Cup - Apples & Cinnamon  
**Serving Size:** 1 cup (43 g; 1.51 oz)

**Product Code:** 31973/56208  
**Date:** 01/01/2026

### 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	29.00 g	28.00 g	1.0357 oz eq.
Total Grains Based on Grams of Creditable Grains Creditable Amount:				1.00 oz eq.

### Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a **1 cup (43 g; 1.51 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.

Signature

Rachel Huber, MPH, RDN

Printed Name

PepsiCo Foodservice Dietitian

Title

972-334-4789

Phone Number

Quaker Instant Oatmeal Apples & Cinnamon Flavor 1.51 Oz

GTIN: 00030000319567 | UPC: 030000319567  
NET CONTENT: 1.51 Ounce | PRODUCT ID:

Apples & Cinnamon Quaker Oatmeal Cups are like having your best friend move right next door: you've always loved it, but it's even more convenient. You get the delicious apple cinnamon whole grain Quaker Oats you love whenever and wherever you're hungry. We can hear your stomach celebrating already.



Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Quaker
Manufacturer	Quaker Food and Beverage
Volume	.022 Cubic foot

FEATURES & BENEFITS

- Your favorite oatmeal now in a convenient on-the-go-cup
- Available in 2 flavors, Apples & Cinnamon and Maple & Brown Sugar
- The great taste and fuel you want to start your day

INSTRUCTIONS

- Hot Water Directions: 1. Remove lid completely. 2. Add boiling water to SLIGHTLY BELOW line on inside of cup. 3. Stir well and let stand for 2 minutes. Adjust water for desired thickness. Additional space included in cup to prevent product from boiling over. CUP IS FOR SINGLE USE ONLY.
- Microwave Cooking Directions: 1. Remove lid completely. 2. Add water to the line on the inside of the cup. Stir Well. 3. Microwave on HIGH 55 to 60 seconds. 4. Stir and let stand for 2 minutes. CAUTION: Cup and contents may be hot. Microwave ovens vary in power. Cooking time may need to be adjusted.

NUTRITIONAL CLAIMS

- 100% Whole Grains Oats
- Heart Healthy - Diets Rich In Whole Grain Foods And Other Plant Foods And Low In Saturated Fat And Cholesterol May Help Reduce The Risk Of Heart Disease
- No Artificial Preservatives Or Flavors

Storage & Handling Temperature	
Minimum: 35 °F	Maximum: 85 °F
Origin	Country: US
Region:	

INGREDIENTS: WHOLE GRAIN OATS, SUGAR, DRIED APPLES, NATURAL FLAVOR, SALT, CINNAMON.

Nutrition Facts	
1 servings per container	
Serving Size	1 Packet (43 g)
Amount Per Serving	
Calories	160
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrates 33g	12%
Dietary Fiber 4g	13%
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 4g	
Vitamin D 0mcg 0%	Calcium 20mg 0%
Iron 1.2mg 6%	Potassium 150mg 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.	



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:

**Apples & Cinnamon**

Serving Size:

**42.81 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** 1.51 oz (about 42.81 g) 

**Servings Per Container**

Amount Per Serving

**Calories** 160

**Total Fat (g)** 2

Saturated Fat (g) 0.5

Trans Fat (g) 0

**Sodium (mg)** 160

**Carbohydrates**

Total Sugars (g) 11

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.*

Quaker Instant Oatmeal Cup, Apple Cinnamon, 1.51 Oz, 24 Count

GTIN: 00030000319734 | UPC:  
NET CONTENT: 24 Count | PRODUCT ID: 31973

Your favorite QUAKER Oatmeal now in a convenient on-the-go-cup . The great taste and fuel your customers want to start their day QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Apple Cinnamon Oatmeal and made it even more convenient. Get the warm and familiar flavor you love in a convenient on-the-go cup. In a convenient Bulk 24ct case. Great for lodging, C&U, healthcare, cafeterias, airports and anywhere your customers need oatmeal on the go.



FEATURES & BENEFITS

- Your favorite QUAKER Oatmeal now in a convenient on-the-go-cup .
- The great taste and fuel your customers want to start their day QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Apple Cinnamon Oatmeal and made it even more convenient.
- Get the warm and familiar flavor you love in a convenient on-the-go cup.
- In a convenient Bulk 24ct case.
- Great for lodging, C&U, healthcare, cafeterias, airports and anywhere your customers need oatmeal on the go.

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

Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Quaker
Manufacturer	Quaker Food and Beverage
Volume	.652 Cubic foot
Storage & Handling Temperature	
Minimum: 35 °F	Maximum: 85 °F
Origin Region:	Country: US

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000319738	Pallet	63	49.66 x 41 x 48 Inches	142.695 Pound	226.8 Pound	9 x 7
00030000319734	Case	24	7.125 x 11 x 14.375 Inches	2.27 Pound	3.8 Pound	11 x 7
00030000319567	Each	1	3 x 3.54 x 3.54 Inches	1.51 Ounce	1.51 Ounce	

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
40030000319732	Pallet	63	50.5 x 41.438 x 48 Inches	142.695 Pound	226.8 Pound	9 x 7
00030000319734	Case	24	7.125 x 11 x 14.375 Inches	2.27 Pound	3.8 Pound	11 x 7
Additional information not displayed						



20030000319738

Quaker Instant Quaker Oatmeal Express Cup Apple Cinnamon 1.51 Oz 12 Ct

GTIN: 00030000562086 | UPC:  
NET CONTENT: 12 Count | PRODUCT ID: 56208



Your favorite QUAKER Oatmeal now in a convenient on-the-go-cup . The great taste and fuel your customers want to start their day QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Apple Cinnamon Oatmeal and made it even more convenient. Get the warm and familiar flavor you love in a convenient on-the-go cup. In a convenient 14ct case. Great for lodging, C&U, healthcare, cafeterias, airports and anywhere your customers need oatmeal on the go.

FEATURES & BENEFITS

- Your favorite QUAKER Oatmeal now in a convenient on-the-go-cup .
- The great taste and fuel your customers want to start their day QUAKER thinks it's important to celebrate the classics: that's why we've taken Instant QUAKER Apple Cinnamon Oatmeal and made it even more convenient.
- Get the warm and familiar flavor you love in a convenient on-the-go cup.
- In a convenient 14ct case.
- Great for lodging, C&U, healthcare, cafeterias, airports and anywhere your customers need oatmeal on the go.

INSTRUCTIONS

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- Microwave

Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Quaker
Manufacturer	Quaker Food and Beverage
Volume	.317 Cubic foot
Storage & Handling Temperature	
Minimum: 35 °F	Maximum: 85 °F
Origin Region:	Country: US

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
40030000562084	Pallet	161	54.875 x 40.75 x 48 Inches	182.413 Pound	317.17 Pound	23 x 7
00030000562086	Case	12	6.77 x 7.43 x 10.88 Inches	1.133 Pound	1.9 Pound	18 x 7
00030000319567	Each	1	3 x 3.54 x 3.54 Inches	1.51 Ounce	1.51 Ounce	
GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
30030000562087	Pallet	126	50.5 x 41.75 x 48 Inches	142.758 Pound	239.4 Pound	18 x 7
00030000562086	Case	12	6.77 x 7.43 x 10.88 Inches	1.133 Pound	1.9 Pound	18 x 7
Additional information not displayed						

