

**Product Name:** Quaker® Instant Oatmeal Packet - Apples & Cinnamon

**Product Code:** 56729

**Serving Size:** 1 packet (43 g; 1.51 oz)

**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 packet (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 1.51 Oz 8 Count

GTIN: 00030000567296 | UPC: 030000567296  
NET CONTENT: 12.1 Ounce | PRODUCT ID:



Great mornings inspire great days bustling with new possibilities, unknown adventures, and amazing friends. Prepare for all that lies ahead by filling your bowls, bellies, and hearts with the love of a nourishing breakfast from Quaker Oats.

FEATURES & BENEFITS

- Apple Cinnamon
- 145.2 Ounce

INSTRUCTIONS

- Hot Water Or Milk Directions 1.Empty Packet Into Bowl. 2.Add Up To 1/2 Cup Hot Milk Or Boiling Water, Stir. 3.Let Stand For 60 Seconds.
- Microwave Directions 1.Empty Packet Into Microwave-Safe Bowl. 2.Add Up To 2/3 Cup Unheated Milk Or Water, Stir. For Your Convenience, You Can Use The Packet As A Measuring Cup. 3.Microwave On HIGH 1 To 2 Minutes; Stir Again.Microwave Directions 1.Empty Packet Into Microwave-Safe Bowl. 2.Add Up To 2/3 Cup Unheated Milk Or Water, Stir. For Your Convenience, You Can Use The Packet As A Measuring Cup. 3.Microwave On HIGH 1 To 2 Minutes; Stir Again. Please Adjust Water Or Milk For Desired Consistency.
- Please Recycle

NUTRITIONAL CLAIMS

- 100% Whole Grain Oats
- No Artificial Preservatives, Flavors Or Added Colors
- 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.
- Good Source Of Fiber



Nutrition Facts	
Serving size	1 Packet (43 g)
Amount Per Serving	
<b>Calories</b>	<b>160</b>
% Daily value*	
Total Fat 2g	3%
Saturated Fat 0.5g	2%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	13%
Soluble Fiber 1g	
Total Sugars 11g	
Includes 8g Added Sugars	16%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 1.2mg	6%
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.	

Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Quaker
Manufacturer	Quaker Food and Beverage
Volume	.054 Cubic foot

Storage & Handling Temperature  
Minimum: 35 °F      Maximum: 85 °F

Origin	Country: US
Region:	

INGREDIENTS: Whole Grain Oats, Sugar, Dried Apples, Natural Flavor, Salt, Cinnamon.

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000576391	Pallet	1	20.75 x 40 x 48.25 Inches	250 Pound	310 Pound	1 x 1
00030000576397	Display	288	20.75 x 40 x 48 Inches	199.2 Pound	248.5 Pound	x 1
00030000567289	Each	1	7.875 x 4.75 x 2.5 Inches	12.1 Ounce	12.1 Ounce	
00030000567296	Each	1	7.875 x 4.75 x 2.5 Inches	12.1 Ounce	12.1 Ounce	
00030000567319	Each	1	7.875 x 4.75 x 2.5 Inches	9.8 Ounce	9.8 Ounce	
Additional information not displayed						



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:

**Quaker Instant Oatmeal**

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.*