

Good things
come from
Sysco[®]

Hot Cereals

Breakfast
and beyond!





You're Minutes Away from Hot and Healthy Profits!

Leading full-service and fast food chains are riding the wave of breakfast-on-the-go with Hot Cereals! They are an easy way to enhance your menu by offering a hearty and convenient breakfast for even the most fast-paced morning.

Hot Cereals are Good for You:

- On-trend and in high demand
- Affordable, quick and easy to serve
- Long shelf life and easy to store
- Require no special equipment for preparation

Hot Cereals are Good for Your Customers:

- Provide a filling meal to start the day
- Naturally low in fat and high in fiber
- Reduce cholesterol and promote heart health¹
- Can be topped with a variety of ingredients to suit any personal taste

¹ American Heart Association

Sysco Hot Cereal Varieties

Instant Oatmeal

Just add hot water to this delicious oatmeal, which is fortified with 8 essential vitamins and minerals and available in a wide variety of flavors.

Quick Oats

100% natural oats with all their whole grain goodness are cut into several pieces before being rolled, so they're quicker to prepare. Cooks in 1 minute

Old Fashioned Rolled Oats

100% natural oats have been cleaned, toasted, hulled, cleaned again, steamed and then flattened. Great for the buffet table or as an ingredient for muffins and cookies! Cooks in 5 minutes.

Enriched Creamy Wheat Farina

Serve this delicious, all-natural, protein-packed cereal made from enriched wheat. Farina cooks on the stove top in 2-3 minutes, or can be prepared in the microwave.

Creamy Rice*

A granulated cereal option that is versatile for other non-breakfast items like pancakes, fish cakes, cookies and more.

Quick Grits*

A long-honored staple of the classic Southern American breakfast, this rich, buttery cereal is available in both instant and quick serve forms. Also flexible for use in creative entrées such as shrimp and grits.

SUPC	Brand	Description	Pack/Size
0846022	12/28 oz	Hot Creamy Rice (Box)	House Recipe
7713381	4/50 oz	Bulk Oat Granola	Sysco Classic
8562639	12/28 oz	Non Instant Farina Wheat Cereal (Box)	House Recipe
8562654	12/24 oz	Quick Grits (Box)	House Recipe
9241191	50 lb	Bulk Old Fashioned Oats	Sysco Classic
9183062	50 lb	Bulk Quick Cook Oats	Sysco Classic
8562688	120/1.37 oz	Instant Oatmeal Packets - Variety Pack	House Recipe
8562662	144/0.98 oz	Instant Oatmeal Packets - Unsweetened Regular	House Recipe
9116369	120/1.37 oz	Instant Oatmeal Packets - Gourmet Variety	House Recipe
9116328	24/1.9 oz	Instant Cup - Maple Brown Sugar Oatmeal	House Recipe
8563280	12/42 oz	Old Fashioned Oats (Tube)	House Recipe
8562621	12/42 oz	Oats Quick (Tube)	House Recipe

*Provides an ideal solution for today's consumer who opts to follow a gluten-free diet to avoid allergens like wheat, rye or barley gluten.