

MJM Super Wholesome Apple Cinnamon Waffle Grahams

Nutritional Statement

MJM #423001



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



| |
|-----------------|
| Whole Grain (g) |
| 8.91 |
| 53% |
| Total Grain (g) |
| 16.75 |

Grain component derived from wheat

Meets Criteria for the Alliance for a Healthier Generation

| NUTRITION DATA: | Per 100g | Per Serving 28g/1oz | | % DV* |
|-----------------------|----------|------------------------|------|-------|
| Calories | 411 | 115 | kcal | |
| Calories From Fat | 109 | 31 | kcal | |
| Total Fat | 12 | 3.5 | g | 5% |
| Saturated Fat | 2 | 0.5 | g | 3% |
| Trans Fat | 0 | 0 | g | |
| Polyunsaturated Fat | 6 | 2 | g | |
| Monounsaturated Fat | 2 | 1 | g | |
| Cholesterol | 0 | 0 | mg | 0% |
| Sodium | 349 | 100 | mg | 4% |
| Potassium | 160 | 45 | mg | |
| Total Carbohydrate | 73 | 20 | g | 7% |
| Dietary Fiber | 6 | 2 | g | 6% |
| Sugars | 25 | 7 | g | |
| Protein | 5 | 1 | g | |
| Vitamin A | 1003 | 281 | IU | 6% |
| Vitamin C | 12 | 3 | mg | 6% |
| Calcium | 60 | 17 | mg | 2% |
| Iron | 6 | 2 | mg | 10% |
| Vitamin B1 Thiamin | 1 | 0 | mg | 10% |
| Vitamin B2 Riboflavin | 1 | 0 | mg | 8% |
| Vitamin B3 Niacin | 7 | 2 | mg | 10% |

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

ALL MJM Products Are Whole Grain & Meet New USDA & HUSSC Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cinnamon, modified wheat starch, salt, sodium bicarbonate, natural flavors, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), annatto extract.

| UPC Code | Serving Size | Case/Pk | Ti-Hi | Case Dimension | Case Cube | Gross Wt | Net Wt |
|----------------|--------------|---------|----------|----------------|-----------|----------|--------|
| 00682830423008 | 28 g/1 oz | 300/2 | 8 x 7 HI | 10x18x11 | 1.3 | 21 lb | 19 lb |

Each 1 oz package of this product satisfies USDA requirements for ONE GRAIN serving, as well as the FCS instruction for the Grains/Breads component requirement in the National School Lunch and School Breakfast Program.

MJM does not purchase, store or produce any products that contain peanuts, peanut oil, peanut butter, or any products made from nuts.

Helen Corey
Vice President
MJM Marketing

In compliance with USDA standards, all MJM products contain at least 51% whole grains, with the whole grain per serving greater than 8 grams. MJM products are nut-free, low in saturated fat, zero trans fat and zero cholesterol.