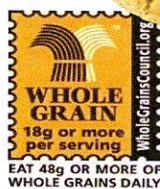




- ♦ Whole Grain
- ♦ GOOD SOURCE OF FIBER
- ♦ Zero Trans Fat
- ♦ No High Fructose Corn Syrup
- ♦ All Natural Flavors
- ♦ Low Sat Fat
- ♦ No Peanuts or Tree Nuts
- ♦ No Dairy
- ♦ No Preservatives
- ♦ Kosher
- ♦ SB12 Compliant
- ♦ Equals 2 Grains
- ♦ 23% Iron



Whole Grain (g)
18.52
52%
Total Grain (g)
35.36

MJM Super Wholesome Sunrise Bites-Maple

Nutritional Statement

MJM #770100

Meets Criteria for the Alliance for a Healthier Generation

Each package equals **2 GRAIN** exchange

NUTRITION DATA:	Per 100g	Per Package 57g (2 bread)		% DV*
Calories	395	225	kcal	
Calories From Fat	107	61	kcal	
Total Fat	12	7	g	10%
Saturated Fat	3	2	g	9%
Trans Fat	0	0	g	
Polyunsaturated Fat	5	3	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	407	230	mg	10%
Potassium	173	99	mg	
Total Carbohydrate	71	40	g	13%
Dietary Fiber	7	4	g	16%
Sugars	24	14	g	
Protein	5	3	g	
Vitamin A	1052	600	IU	12%
Vitamin C	13	7	mg	12%
Calcium	45	26	mg	3%
Iron	7	4	mg	23%
Vitamin B1 Thiamin	1	0	mg	27%
Vitamin B2 Riboflavin	1	0	mg	21%
Vitamin B3 Niacin	9	5	mg	24%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat and Soy

There are 2 servings in this package

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, partially hydrogenated soybean and cottonseed oil, modified wheat starch, dextrose, natural vanilla and maple flavor, sodium bicarbonate, salt, monocalcium phosphate, soy lecithin, ammonium bicarbonate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828307701000	57 g/2 oz	100ct	8 x 7 HI	11x19x11	1.3	14.5 lbs	12.5 lbs

Each 2 oz package of this product satisfies USDA requirements for TWO GRAIN servings, 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.