

MJM Super Wholesome Blueberry Waffle Grahams

Nutritional Statement

MJM #40600

Meets Criteria for the Alliance for a Healthier Generation

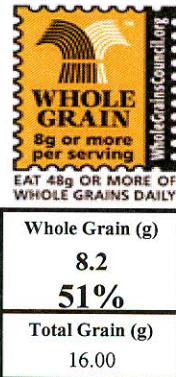
NUTRITION DATA:	Per 100g	Per Serving 26g		% DV*
Calories	398	104	kcal	
Calories From Fat	103	27	kcal	
Total Fat	11	3	g	5%
Saturated Fat	2	0	g	2%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	337	90	mg	4%
Potassium	151	39	mg	
Total Carbohydrate	69	18	g	6%
Dietary Fiber	4	1	g	5%
Sugars	27	7	g	
Protein	5	1	g	
Vitamin A	1002	260	IU	6%
Vitamin C	12	3	mg	6%
Calcium	414	108	mg	10%
Iron	6	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	11%
Vitamin B1 Riboflavin	1	0	mg	8%
Vitamin B3 Niacin	7	2	mg	9%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat



- ♦ Whole Grain
- ♦ Zero Trans Fat
- ♦ Good Source of Calcium
- ♦ All Natural Flavors
- ♦ Low Fat
- ♦ Low Sat Fat
- ♦ Low Sodium
- ♦ No Peanuts or Tree Nuts
- ♦ No Dairy
- ♦ No Preservatives
- ♦ Kosher
- ♦ SB12 Compliant
- ♦ 10% Calcium
- ♦ 10% Iron
- ♦ Equals One Bread



Grain component derived from 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, high fructose corn syrup, blueberry flavor bits (sugar, corn syrup, corn cereal, modified corn starch, palm oil, natural flavor fruit and vegetable extracts), tricalcium phosphate, salt, sodium bicarbonate, natural vanilla flavor, citric acid, monocalcium phosphate, 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
00682830406001	26 g/0.9 oz	300/2	8 x 7 HI	10x18x11	1.3	19 lbs	17 lbs

Each .9 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.