



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



Whole Grain (g)
8.58
<b>51%</b>
Total Grain (g)
16.73

Grain component derived from wheat

All MJM products contain at least 51% whole grains.

This product is classified by the USDA as a SAVORY CRACKER (Group A) and is equivalent to 1 oz. Whole grains greater than 8 grams/serving, and total grains per serving at 16 grams or higher.

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

#### INGREDIENTS:

Whole grain blend (whole wheat flour, whole grain yellow corn), enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, sugar, salt, chile flavor (chile powder, tomato powder, garlic powder, spice, onion powder, jalapeno pepper powder), ammonium bicarbonate, black pepper, sodium bicarbonate, chile pepper, monocalcium phosphate, citric acid, red pepper, ascorbic acid.

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828308811555	22 g/ (1oz grain)	155ct	8 x 7 HI	11x19x11	1.3	9 lbs	7.75 lbs

Each 22g package of this product satisfies USDA requirements for a Savory Cracker (classified under Group A) as a 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

MJM 881155 Lava Bites-Smoked Chile 155ct

## MJM Super Wholesome Lava Bites-Smoked Chile Nutritional Statement MJM #881155

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 22g (USDA Group A 1oz grain equivalent)		% DV*
Calories	390	86	kcal	
Calories From Fat	108	24	kcal	
Total Fat	12	2.5	g	4%
Saturated Fat	2	0	g	0%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	1	g	
Monounsaturated Fat	3	1	g	
Cholesterol	0	0	mg	0%
Sodium	873	190	mg	8%
Potassium	215	47	mg	
Total Carbohydrate	66	15	g	5%
Dietary Fiber	6	1	g	4%
Sugars	9	2	g	
Protein	7	2	g	
Vitamin A	423	93	IU	2%
Vitamin C	31	7	mg	10%
Calcium	66	14	mg	2%
Iron	9	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	12%
Vitamin B2 Riboflavin	1	0	mg	9%
Vitamin B3 Niacin	8	2	mg	9%

\*% Daily Values based on 2,000 calorie diet

**Contains: Wheat**

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