



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ 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)
9.31
54%
Total Grain (g)
17.12

Grain component derived from wheat

MJM Super Wholesome Cinnamon Grahams

Nutritional Statement

MJM # 308151

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	400	112	kcal	
Calories From Fat	102	29	kcal	
Total Fat	11	3	g	5%
Saturated Fat	3	1	g	4%
Trans Fat	0	0	g	
Polysaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	498	140	mg	6%
Potassium	168	47	mg	
Total Carbohydrate	70	20	g	7%
Dietary Fiber	5	1	g	6%
Sugars	25	7	g	
Protein	5	1	g	
Vitamin A	1005	281	IU	6%
Vitamin C	12	3	mg	6%
Calcium	29	8	mg	0%
Iron	8	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	9	3	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

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

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, honey, cinnamon, salt, sodium bicarbonate, molasses, 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
06828303081502	28 g/1 oz	150/3ct	8 x 14 HI	5x19x11	0.59	11 lbs	9.38 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.