



# MJM Super Wholesome Vanilla Bear Grahams

## Nutritional Statement

### MJM #404001

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	105	29	kcal	
Total Fat	12	3.5	g	5%
Saturated Fat	2	0.5	g	3%
Trans Fat	0	0	g	
Polysaturated Fat	6	2	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	335	95	mg	4%
Potassium	162	45	mg	
Total Carbohydrate	72	20	g	7%
Dietary Fiber	5	1	g	5%
Sugars	24	7	g	
Protein	5	2	g	
Vitamin A	1279	358	IU	8%
Vitamin C	15	4	mg	8%
Calcium	44	12	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	10%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	8	2	mg	10%

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

**Contains: Wheat**

- ◆ 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)
<b>9.1</b>
<b>52%</b>
Total Grain (g)
17.39

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, dextrose, natural vanilla flavor, salt, sodium bicarbonate, 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
00682830404007	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.