



MJM Super Wholesome Honey Grahams-w/ Fiber

Nutritional Statement

MJM # 301151

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	384	107	kcal	
Calories From Fat	106	30	kcal	
Total Fat	12	3.5	g	5%
Saturated Fat	3	1	g	5%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	497	140	mg	6%
Potassium	166	46	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	10	3	g	11%
Sugars	25	7	g	
Protein	5	1	g	
Vitamin A	986	276	IU	6%
Vitamin C	12	3	mg	6%
Calcium	19	5	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	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

- ♦ Whole Grain
- ♦ Zero Trans Fat
- ♦ GOOD SOURCE OF FIBER
- ♦ 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)
11.42
66%
Total Grain (g)
17.3

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, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, oat fiber, honey, salt, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), extract of annatto.

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828303011509	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.