

# MJM Super Wholesome Sound Bites-Chocolate Raspberry

## Nutritional Statement

### MJM #542150



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ Low Fat
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 15% Iron
- ◆ Equals One Grain



Whole Grain (g)
9.27
<b>55%</b>
Total Grain (g)
16.83

Grain component derived from wheat

**ALL MJM Products Are Whole Grain & Meet New USDA & HUSSC Guidelines**

*Meets Criteria for the Alliance for a Healthier Generation*

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	391	109	kcal	
Calories From Fat	96	27	kcal	
Total Fat	11	3	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	357	100	mg	4%
Potassium	353	99	mg	
Total Carbohydrate	72	20	g	7%
Dietary Fiber	6	2	g	8%
Sugars	25	7	g	
Protein	6	2	g	
Vitamin A	1005	282	IU	6%
Vitamin C	12	3	mg	6%
Calcium	49	14	mg	2%
Iron	9	2	mg	15%
Vitamin B1 Thiamin	1	0	mg	14%
Vitamin B2 Riboflavin	1	0	mg	11%
Vitamin B3 Niacin	9	3	mg	13%

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

**Contains: Wheat**

#### INGREDIENTS:

**Whole wheat flour**, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean oil and cottonseed oil, cocoa (processed with alkali), natural and artificial flavors, 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
06828305421504	28 g/1 oz	150ct	8 x 7 HI	11x19x11	1.3	11.5 lbs	9.38 lbs

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.**