



- ◆ Whole Grain
- ◆ Good Source of Fiber
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ No Sesame
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ 2 oz. Grain Eq.

Whole Grain (g)	20.69
	57%
Total Grain (g)	36.22
(Derived from wheat)	



INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Dextrose, Modified Wheat Starch, Sodium Bicarbonate, Salt, Natural Vanilla & Maple Flavor, Monocalcium Phosphate, Ammonium Bicarbonate, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin as Carrier).

Contains: Wheat

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830770102	57g/2 oz	100ct	8 x 7 HI	19 x 11 x 11	1.3	14.5 lb	12.5 lb

Each package of this product meets USDA requirements for a 2 oz. GRAIN equivalent

Product Formulation Statement for Grains						
Description of Creditable Grain Ingredient	Grams of Creditable Grain per Portion	Gram Standard of Creditable Grain per oz Equivalent	Creditable Amount			
Whole Wheat Flour	20.69	16	1.29			
Enriched Flour	15.53	16	0.97			
Total Creditable Grain Amount			2			
Non-Creditable Grains (Not included in totals above)			1.71 g			
Description of Product per Food Buying Guide	Portion Size of Product as Purchased	Weight of one ounce equivalent as listed in SP 30-2012	Total Creditable Amount	Exhibit Group Product Belongs to	Total Weight of Product per Portion as Purchased	Total Contribution of Grain per Portion
Graham	57g	28g	2	Group B	57g	2 oz. equivalent

MJM products are produced in a nut-free & peanut-free facility. MJM does not purchase, store or produce any products that contain peanuts, peanut oil, peanut butter, or any products made from nuts.

Helen Corey (800) 505-5080
Vice President
MJM Marketing

HUSSC GOLD STANDARD APPROVED

MJM Sunrise Bites-Maple 2 oz

Nutritional Statement

MJM #770100

Each package equals 2 oz GRAIN equivalent

Nutrition Facts

1 servings per container

Serving size (57g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 40g 15%

Dietary Fiber 3g 11%

Total Sugars 13g

Includes 13g Added Sugars 25%

Protein 3g

Vitamin D 0mcg 0%

Calcium 26mg 2%

Iron 4mg 20%

Potassium 101mg 2%

Thiamin 0.4mg 35%

Riboflavin 0.4mg 30%

Niacin 5mg 30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4