MJM **Maple Waffle** Graham

Nutritional Statement

MJM #408001

Smart Snack Approved

Nutrition Facts

1 servings per container

Serving size (28g)

Amount per serving

Calories 120

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugars	10%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 3mg	15%
Potassium 50mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 3mg	20%

*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

- Whole Grain
- Zero Trans Fat
- All Natural Flavors
- No High Fructose Corn Syrup
- No Peanuts or Tree Nuts
- No Sesame
- Low Sodium
- 2g Fiber
- No Dairy
- No Preservatives
- Kosher
- 1 oz. Grain Equivalent

Whole Grain (g)
10.34
58%
Total Grain (g)
17.98

(Derived from wheat)

WHOLE GRAIN 10g or more per serving
EAT 48g OR MORE OF WHOLE GRAINS DAILY
WholeGrainsCouncil.org

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Contains 2% Or Less Of: Dextrose, Modified Wheat Starch, Sodium Bicarbonate, Salt, Natural Maple Flavor, Monocalcium Phosphate, Natural Vanilla Flavor, 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
00682830408005	28g/1 oz	300/2	8 x 7 HI	19 x 11 x 10	1.3	21 lb	19 lb

Each package of this product meets USDA requirements for a 1 **oz. GRAIN**

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	10.34	16	0.65
Enriched Flour	7.64	16	0.48
Total Creditable Grain Amount			1
Non-Creditable Grains (Not included in totals above)			0.25g

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	28g	28g	1	Group B	28g	1 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.

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MJM Marketing

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