



MJM
MARKETING

SUPER WHOLESOME SNACKS
(800) 505-5080 www.mjmmarketing.com



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

Whole Grain (g)	9.36
	53%
Total Grain (g)	17.70



(Derived from wheat)

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, Natural Strawberry Flavor, Salt, Sodium Bicarbonate, Citric Acid, Strawberry Powder (Strawberry, Maltodextrin, Corn Starch), Monocalcium Phosphate, Ammonium Bicarbonate, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin as a Carrier).

Contains: Wheat

MJM Strawberry Waffle Graham

Nutritional Statement

MJM #405001

Smart Snack Approved

Nutrition Facts	
1 servings per container	
Serving size	(28g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 1g	4%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 2mg	10%
Potassium 49mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	15%
Niacin 2mg	15%

*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

Best Used By 10 mos from bake date

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830405004	28g/1 oz	300/2	8 x 7 HI	19 x 11 x 10	1.3	21 lb	18.75 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	9.36	16	0.59
Enriched Flour	8.34	16	0.52
Total Creditable Grain Amount			1
Non-Creditable Grains (Not included in totals above)			0.05g

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.

Helen Corey (800) 505-5080

Vice President
MJM Marketing

MJM 405001 Strawberry Waffle Graham 300cs/2pk

HUSSC GOLD STANDARD APPROVED