

**Kellogg's® Pop-Tarts® Made With Whole Grain Frosted Strawberry**

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Date Printed: 07/22/2013

808212  
55133

**Product Type**

Grab 'n Go Pop-Tarts

**Allergen Information**

CONTAINS WHEAT AND SOY INGREDIENTS.

**Product Category**

Grab 'n Go Snacks

**Dietary Exchange Per Serving**

5 Carbohydrates, 1 Fat

**UPC Code**

3800055133

**Kosher Status**

5 Carbohydrates, 1 Fat

**Servings/Case**

72 ct

**Bread/Grain Equivalents**

2.25

**Format**

Single Serve

**Shelf Life**

365 days (12 months)

**Net Weight**

18.12

**Country of Origin**

Distributed in USA

**Sizes**

3.52 oz

# Kellogg's® Pop-Tarts®

## Whole Grain Frosted Strawberry

<b>Nutrition Facts</b>			
Serving Size	1 Package (100g)		
<b>Amount Per Serving</b>			
<b>Calories</b> 360	Calories from Fat 40		
<b>% Daily Value*</b>			
<b>Total Fat</b> 4.5g	<b>7%</b>		
Saturated Fat 2g	<b>10%</b>		
Trans Fat 0g			
Polyunsaturated Fat 2g			
Monounsaturated Fat 1g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 360mg	<b>15%</b>		
<b>Total Carbohydrate</b> 75g	<b>25%</b>		
Dietary Fiber 6g	<b>23%</b>		
Sugars 30g			
<b>Protein</b> 4g			
Vitamin A 20% • Vitamin C 0% • Calcium 20% • Iron 20%			
Thiamin 20% • Riboflavin 20% • Niacin 20% • Vitamin B <sub>6</sub> 20%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
<b>INGREDIENTS:</b> WHOLE WHEAT FLOUR, SUGAR, CORN SYRUP, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B <sub>1</sub> (THIAMIN MONONITRATE), VITAMIN B <sub>2</sub> (RIBOFLAVIN), FOLIC ACID), DEXTROSE, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CRACKER MEAL, POLYDEXTROSE, GLYCERIN, FRUCTOSE, CONTAINS TWO PERCENT OR LESS OF WHEAT STARCH, CALCIUM CARBONATE, SALT, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DRIED STRAWBERRIES, DRIED PEARS, DRIED APPLES, SODIUM STEAROYL LACTYLATE, CITRIC ACID, MILLED CORN, DATEM, GELATIN, SOYBEAN OIL, MODIFIED CORN STARCH, MODIFIED WHEAT STARCH, SOY LECITHIN, CARAMEL COLOR, XANTHAN GUM, STRAWBERRY JUICE CONCENTRATE, NATURAL AND ARTIFICIAL FLAVOR, VITAMIN A PALMITATE, RED 40, NIACINAMIDE, REDUCED IRON, COLOR ADDED, TURMERIC EXTRACT FOR COLOR, YELLOW 6, VITAMIN B <sub>6</sub> (PYRIDOXINE HYDROCHLORIDE), VITAMIN B <sub>2</sub> (RIBOFLAVIN), VITAMIN B <sub>1</sub> (THIAMIN HYDROCHLORIDE), BLUE 1.			
<b>CONTAINS WHEAT AND SOY INGREDIENTS.</b>			

NLI#09264



May 15, 2013

**TO: Our Valued Customer**  
**SUBJECT: Grain Ounce Equivalencies of Kellogg's® Food Away From Home Products**

Thank you for your interest in using our products as part of your National School Lunch and School Breakfast Programs. The attached table outlines the ounce equivalents (oz eq) of grain for a variety of our products according to the *Nutrition Standards in the National School Lunch and School Breakfast Programs* published by the US Department of Agriculture (USDA) in the Federal Register on January 26, 2012 and USDA Policy Memo SP 30-2012. All grain products must be credited based on these new grain ounce equivalency standards beginning on July 1, 2013.

In the USDA Policy Memo SP 30-2012, *Grain Requirements for the National School Lunch Program and School Breakfast Program*, dated April 26, 2012, a product must either use the crediting equivalency of 16 grams of creditable (whole and/or enriched) grains per oz eq OR fulfill the weight requirement listed in Exhibit A: *School Lunch and Breakfast - Whole Grain-Rich Ounce Equivalency (Oz Eq) Requirements For School Meal Programs*.

All Kellogg's® brands listed in the attached table, with the exception of the Cereal Category, are eligible within the program, using the standard of 16 grams of creditable grains to equal 1 oz eq of grain. Ready-to-eat cereals and hot cereals must qualify based on the serving sizes outlined in Exhibit A.

- **CEREALS** -- Under Group H Breakfast Cereals (Cooked) and Group I Ready-To-Eat Breakfast Cereal, 1 oz eq is equal to 1 ounce of cereal. *Because cereals must qualify based on their serving size, the amount of creditable grains is not detailed in the table that follows.*

Until July 1, 2013, products may still be credited based on grains/breads servings according to the USDA Food and Consumer Service Instruction 783-1, Revision 2, *The Grains/Breads Requirement for the Food-Based Menu Planning Alternatives in the Child Nutrition Programs* dated November, 2001.

I certify that the above information is true and correct, and that each Kellogg's® product fulfills the grain ounce equivalents listed in the table that follows.

Julia M. Jursinic, MS  
Sr. Director, Nutrition Labeling & Regulatory Compliance  
Kellogg Company

Case UPC	Product Name	Oz Eq Grain	Pack Size	Serving Size (Servings per Pkg)	Grams of Creditable Grains Per Serving	Meets USDA Whole Grain-Rich*
<b>Kellogg's® Cereal Bulk Pack</b>						
38000-54746	Kellogg's® Cinnabon™ Cinnamon Cereal	1	33 oz./4 ct.	30 g	1 oz = 1 oz eq grain	
38000-00191	Kellogg's® Corn Flakes®	1	26 oz./4 ct.	28 g	1 oz = 1 oz eq grain	
38000-01091	Kellogg's® Corn Pops®	1	35 oz./4 ct.	30 g	1 oz = 1 oz eq grain	
38000-55182	Kellogg's® Crunchy Nut™ Roasted Nut & Honey	0.75	39 oz./4 ct.	27 g	1 oz = 1 oz eq grain	
38000-04991	Kellogg's® Frosted Mini Wheats®	1.75	56 oz./4 ct.	54 g	1 oz = 1 oz eq grain	X
38000-49834	Kellogg's® Low Fat Granola Crunchy Clusters	2	50 oz./4 ct.	58 g	1 oz = 1 oz eq grain	X
38000-13791	Kellogg's® Low Fat Granola with Raisins	2	50 oz./4 ct.	60 g	1 oz = 1 oz eq grain	X
38000-25435	Kellogg's® Low Fat Granola without Raisins	1.75	50 oz./4 ct.	49 g	1 oz = 1 oz eq grain	X
<b>Kashi® Oatmeal-in-a-Cup</b>						
18627-31418	Kashi® Heart to Heart® Instant Oatmeal Assortment	See individual product listings. Includes Golden Brown Maple and Apple Cinnamon.				
In Assortment	Kashi® Heart to Heart® Instant Oatmeal Golden Brown Maple	1.75	1.9 oz.	1 Container	1 oz = 1 oz eq grain	X
In Assortment	Kashi® Heart to Heart® Instant Oatmeal Apple Cinnamon	1.75	1.9 oz.	1 Container	1 oz = 1 oz eq grain	X
<b>Kellogg's® Pop-Tarts® Toaster Pastries made with Whole Grain – Single Count (3 grams of fiber, at least 10g Whole Grain)</b>						
38000-55130	Pop-Tarts® Made With Whole Grain Frosted Strawberry	1	120/1.76 oz.	1 Pastry	18	X
38000-55122	Pop-Tarts® Made With Whole Grain Frosted Cinnamon	1.25	120/1.76 oz.	1 Pastry	20	X
<b>Kellogg's® Pop-Tarts® Toaster Pastries – Single Count</b>						
38000-00499	Pop-Tarts® Frosted Blueberry	1	80/1.83 oz.	1 Pastry	19	
38000-08584	Pop-Tarts® Frosted Brown Sugar Cinnamon	1.25	80/1.76 oz.	1 Pastry	22	
38000-00498	Pop-Tarts® Frosted Strawberry	1	80/1.83 oz.	1 Pastry	19	
38000-00500	Pop-Tarts® Strawberry	1.25	80/1.83 oz.	1 Pastry	21	
<b>Kellogg's® Pop-Tarts® Toaster Pastries made with Whole Grain – Two Count (6 grams of fiber, at least 21g Whole Grain)</b>						
808212 38000-55133	Pop-Tarts® Made With Whole Grain Frosted Strawberry	2.25	72/3.53 oz.	2 Pastries	36	X
38000-55125	Pop-Tarts® Made With Whole Grain Frosted Cinnamon	2.5	72/3.53 oz.	2 Pastries	41	X