



MJM
MARKETING
SUPER WHOLESOME SNACKS
Tel:(800)505-5080 Fax:(800)510-6650



MJM NUTRITIONAL STATEMENTS

ALL MJM Products Are Whole Grain & Meet New USDA & HUSSC Criteria

MJM products are nut-free, low in saturated fat, zero trans fat and zero cholesterol .

ALL MJM PRODUCTS ARE PRODUCED IN A NUT-FREE FACILITY

ITEM #	DESCRIPTION	CASE/CT/WT	UPC Code	TI-HI	Gross Wt
402001	Chocolate Bear Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	300ct/2pk/1 oz	00682830402003	8 x 7 HI	21 lbs
403001	Apple Cinnamon Bear Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	300ct/2pk/1 oz	00682830403000	8 x 7 HI	21 lbs
404001	Vanilla Bear Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	300ct/2pk/1 oz	00682830404007	8 x 7 HI	21 lbs
423001	Apple Cinnamon Waffle Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	300ct/2pk/1 oz	00682830423008	8 x 7 HI	21 lbs
405001	Strawberry Waffle Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	300ct/2pk/1 oz	00682830405004	8 x 7 HI	21 lbs
407001	Strawberry Dinosaur Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	300ct/2pk/1 oz	00682830407008	8 x 7 HI	21 lbs
409001	Lemon Dinosaur Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	300ct/2pk/1 oz	00682830409002	8 x 7 HI	21 lbs
300151	Honey Grahams-Low Fat, Whole Grain & Zero Trans Fat 1-GRAIN	150ct/3pk/1 oz	06828303001500	8 x 14 HI	11 lbs
301151	Honey Grahams-Good Source of FIBER, Whole Grain & Zero Trans Fat 1-GRAIN	150ct/3pk/1 oz	06828303011509	8 x 14 HI	11 lbs
308151	Cinnamon Grahams-Whole Grain & Zero Trans Fat 1-GRAIN	150ct/3pk/1 oz	06828303081502	8 x 14 HI	11 lbs
513150	NEW! All-Sports Bites, Apple-Whole Grain, Zero Trans Fat & NO HFCS 1-GRAIN	150ct/1 oz	06828305131502	8 x 7 HI	11.5 lbs
514150	All-Sports Bites, Vanilla-Whole Grain & Zero Trans Fat 1-GRAIN	150ct/1 oz	06828305141501	8 x 7 HI	11.5 lbs
524150	Dino Bites, Vanilla-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	150ct/1 oz	06828305241508	8 x 7 HI	11.5 lbs
542150	Sound Bites, Chocolate Raspberry-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	150ct/1 oz	06828305421504	8 x 7 HI	11.5 lbs
544150	Sound Bites, Vanilla-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	150ct/1 oz	06828305441502	8 x 7 HI	11.5 lbs
551150	Tropical Treats w/Calcium, Orange Cream-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	150ct/1 oz	06828305511502	8 x 7 HI	11.5 lbs
570150	Sunrise Bites, Maple-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	150ct/1 oz	06828305701507	8 x 7 HI	11.5 lbs
770100	Sunrise Bites, Maple-Good FIBER, Whole Grain, Zero Trans Fat & No HFCS 2-GRAINS	100ct/2 oz	06828307701000	8 x 7 HI	14.5 lbs
802155	NEW! Savory Bites, Tomato Basil-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	155ct/22 g	06828308021558	8 x 7 HI	9 lbs
803155	NEW! Savory Bites, Herb-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	155ct/22 g	06828308031557	8 x 7 HI	9 lbs
881155	NEW! Lava Bites, Smoked Chile-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	155ct/22 g	06828308811555	8 x 7 HI	9 lbs

Meets the Criteria for the Alliance for a Healthier Generation

INDIVIDUALLY WRAPPED * NO NUTS * KOSHER * NO PRESERVATIVES * SB 12 COMPLIANT * ASG & HUSSC APPROVED

MJM does not purchase, store or produce any products that contain peanuts, peanut oil, peanut butter, or any products made from nuts.

All MJM products are made in the United States, as well as all ingredients used to manufacture MJM products.

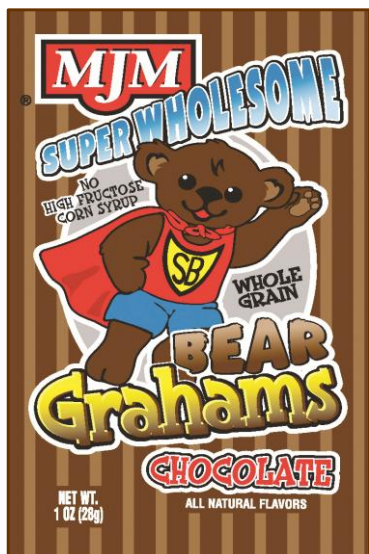
Helen Corey
Vice President
MJM Marketing

Rev 6/12/13

MJM Super Wholesome **Chocolate Bear** Grahams

Nutritional Statement

MJM #402001



Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	399	112	kcal	
Calories From Fat	98	27	kcal	
Total Fat	11	3	g	5%
Saturated Fat	3	1	g	4%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	356	100	mg	4%
Potassium	338	95	mg	
Total Carbohydrate	72	20	g	7%
Dietary Fiber	6	2	g	7%
Sugars	25	7	g	
Protein	6	2	g	
Vitamin A	1148	321	IU	6%
Vitamin C	12	3	mg	6%
Calcium	51	14	mg	2%
Iron	9	2	mg	15%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	9	3	mg	15%

*% Daily Values based on 2,000 calorie diet

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ 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)	9.34
	56%
Total Grain (g)	16.59

Grain component derived from wheat

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oils, cocoa (processed with alkali), salt, sodium bicarbonate, natural flavors, 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
00682830402003	28 g/1 oz	300/2	8 x 7 HI	10x18x11	1.3	21 lb	19 lb

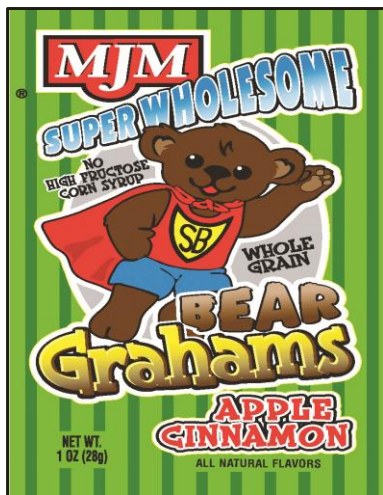
Each 1 oz package of this product satisfies USDA requirements for **ONE GRAIN** serving, as well as the FCS instruction for the Grains/Breads component requirement in the National School Lunch and School Breakfast Program.

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.

MJM Super Wholesome **Apple Cinnamon Bear** Grahams
 Nutritional Statement
 MJM #403001



Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	411	115	kcal	
Calories From Fat	109	31	kcal	
Total Fat	12	3.5	g	5%
Saturated Fat	2	0.5	g	3%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	2	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	349	100	mg	4%
Potassium	160	45	mg	
Total Carbohydrate	73	20	g	7%
Dietary Fiber	6	2	g	6%
Sugars	25	7	g	
Protein	5	1	g	
Vitamin A	1003	281	IU	6%
Vitamin C	12	3	mg	6%
Calcium	60	17	mg	2%
Iron	6	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	10%
Vitamin B2 Riboflavin	1	0	mg	8%
Vitamin B3 Niacin	7	2	mg	10%

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	8.91
	53%
Total Grain (g)	16.75

Grain component derived from wheat

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cinnamon, modified wheat starch, salt, sodium bicarbonate, natural flavors, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), annatto extract.

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830403000	28 g/1 oz	300/2	8 x 7 HI	10x18x11	1.3	21 lb	19 lb

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



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain
- ◆ 2g Fiber



Whole Grain (g)
9.1
52%
Total Grain (g)
17.39

Grain component derived from wheat

MJM Super Wholesome **Vanilla Bear** Grahams Nutritional Statement MJM #404001

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	411	113	kcal	
Calories From Fat	105	29	kcal	
Total Fat	12	3	g	5%
Saturated Fat	2	0.5	g	3%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	2	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	335	95	mg	4%
Potassium	162	45	mg	
Total Carbohydrate	72	20	g	7%
Dietary Fiber	5	2	g	7%
Sugars	24	6	g	
Protein	5	2	g	
Vitamin A	1279	332	IU	6%
Vitamin C	15	4	mg	6%
Calcium	44	12	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	10%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	8	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, modified wheat starch, salt, sodium bicarbonate, monocalcium phosphate, corn starch, natural flavor, 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
00682830404007	28 g/1 oz	300/2	8 x 7 HI	10x18x11	1.3	21 lb	19 lb

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 .

MJM Super Wholesome Apple Cinnamon Waffle Grahams

Nutritional Statement

MJM #423001

Meets Criteria for the Alliance for a Healthier Generation



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	8.91
	53%
Total Grain (g)	16.75

Grain component derived from wheat

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	411	115	kcal	
Calories From Fat	109	31	kcal	
Total Fat	12	3.5	g	5%
Saturated Fat	2	0.5	g	3%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	2	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	349	100	mg	4%
Potassium	160	45	mg	
Total Carbohydrate	73	20	g	7%
Dietary Fiber	6	2	g	6%
Sugars	25	7	g	
Protein	5	1	g	
Vitamin A	1003	281	IU	6%
Vitamin C	12	3	mg	6%
Calcium	60	17	mg	2%
Iron	6	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	10%
Vitamin B2 Riboflavin	1	0	mg	8%
Vitamin B3 Niacin	7	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, cinnamon, modified wheat starch, salt, sodium bicarbonate, natural flavors, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), annatto extract.

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830423008	28 g/1 oz	300/2	8 x 7 HI	10x18x11	1.3	21 lb	19 lb

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.

MJM Super Wholesome Strawberry Waffle Grahams

Nutritional Statement

MJM #405001

Meets Criteria for the Alliance for a Healthier Generation



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Fat
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	9.24
	53%
Total Grain (g)	17.50

Grain component derived from wheat

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	404	113	kcal	
Calories From Fat	92	26	kcal	
Total Fat	10	3	g	4%
Saturated Fat	2	0	g	2%
Trans Fat	0	0	g	
Polyunsaturated Fat	5	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	339	95	mg	4%
Potassium	161	45	mg	
Total Carbohydrate	74	21	g	7%
Dietary Fiber	5	1	g	5%
Sugars	26	7	g	
Protein	5	2	g	
Vitamin A	1232	345	IU	6%
Vitamin C	15	4	mg	6%
Calcium	52	14	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	10%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	8	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, strawberry bits (sugar, wheat starch, canola oil, corn starch, glycerin, natural colors (elderberry and purple sweet potato extracts), natural flavor, citric acid), salt, sodium bicarbonate, citric acid, natural strawberry flavor, 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
00682830405004	28 g/1 oz	300/2	8 x 7 HI	10x18x11	1.3	21 lb	19 lb

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.

MJM Super Wholesome **Strawberry Dinosaur** Grahams
 Nutritional Statement
 MJM #407001

Meets Criteria for the Alliance for a Healthier Generation



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% iron
- ◆ Equals One Grain



Whole Grain (g)	9.06
	53%
Total Grain (g)	17.22

Grain component derived from wheat

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	411	115	kcal	
Calories From Fat	103	29	kcal	
Total Fat	11	3	g	5%
Saturated Fat	2	0.5	g	3%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	2	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	335	95	mg	4%
Potassium	158	44	mg	
Total Carbohydrate	73	20	g	7%
Dietary Fiber	5	1	g	5%
Sugars	25	7	g	
Protein	5	1	g	
Vitamin A	1243	348	IU	6%
Vitamin C	15	4	mg	6%
Calcium	52	15	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	10%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	8	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, strawberry bits (sugar, wheat starch, canola oil, corn starch, glycerin, natural colors (elderberry and purple sweet potato extracts), natural flavor, citric acid), salt, sodium bicarbonate, citric acid, natural strawberry flavor, 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
00682830407008	28 g/1 oz	300/2	8 x 7 HI	10x18x11	1.3	20 lb	19 lb

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.

MJM Super Wholesome **Lemon Dinosaur** Grahams
 Nutritional Statement
 MJM #409001

Meets Criteria for the Alliance for a Healthier Generation



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)
9.54
53%
Total Grain (g)
18.11

Grain component derived from wheat

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	409	115	kcal	
Calories From Fat	105	29	kcal	
Total Fat	12	3.5	g	5%
Saturated Fat	2	0.5	g	3%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	2	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	334	95	mg	4%
Potassium	167	47	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	5	1	g	5%
Sugars	22	6	g	
Protein	6	2	g	
Vitamin A	1202	337	IU	6%
Vitamin C	15	4	mg	6%
Calcium	44	12	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	8	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, natural lemon juice, natural lemon flavor, salt, sodium bicarbonate, monocalcium phosphate, citric acid, natural vanilla flavor, 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
00682830409002	28 g/1 oz	300/2	8 x 7 HI	10x18x11	1.3	21 lb	19 lb

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.

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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 .

MJM Super Wholesome **Honey Grahams**-Low Fat

Nutritional Statement

MJM # 300151

Meets Criteria for the Alliance for a Healthier Generation



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ Low Fat
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain

Grain component derived from wheat



Whole Grain (g)	9.52
	54%
Total Grain (g)	17.56

NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	399	112	kcal	
Calories From Fat	98	28	kcal	
Total Fat	11	3	g	5%
Saturated Fat	3	1	g	4%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	498	140	mg	6%
Potassium	166	46	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	5	1	g	5%
Sugars	25	7	g	
Protein	5	2	g	
Vitamin A	1001	280	IU	6%
Vitamin C	12	3	mg	6%
Calcium	16	5	mg	0%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	9	3	mg	15%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, honey, salt, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), extract of annatto.

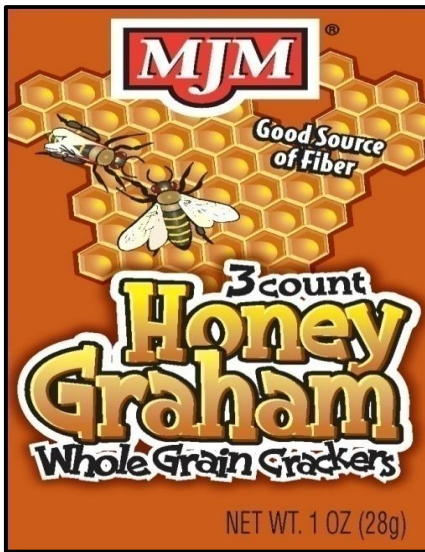
UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828303001500	28 g/1 oz	150/3ct	8 x 14 HI	5x19x11	0.59	11 lbs	9.38 lb

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.



MJM Super Wholesome Honey Grahams-w/ Fiber

Nutritional Statement

MJM # 301151

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g/1 oz		% DV*
Calories	384	107	kcal	
Calories From Fat	106	30	kcal	
Total Fat	12	3.5	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	497	140	mg	6%
Potassium	166	46	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	10	3	g	11%
Sugars	25	7	g	
Protein	5	1	g	
Vitamin A	986	276	IU	6%
Vitamin C	12	3	mg	6%
Calcium	19	5	mg	0%
Iron	8	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	9	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ GOOD SOURCE OF FIBER
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	11.42
	66%
Total Grain (g)	17.30

Grain component derived from wheat

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, oat fiber, honey, salt, sodium bicarbonate, molasses, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier), extract of annatto.

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828303011509	28 g/1 oz	150/3ct	8 x 14 HI	5x19x11	0.59	11 lbs	9.38 lb

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.

MJM Super Wholesome Cinnamon Grahams

Nutritional Statement

MJM # 308151

Meets Criteria for the Alliance for a Healthier Generation



NUTRITION DATA:	Per 100g	Per Serving 28g/1oz		% DV*
Calories	400	112	kcal	
Calories From Fat	102	29	kcal	
Total Fat	11	3	g	5%
Saturated Fat	3	1	g	4%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	498	140	mg	6%
Potassium	168	47	mg	
Total Carbohydrate	70	20	g	7%
Dietary Fiber	5	1	g	6%
Sugars	25	7	g	
Protein	5	1	g	
Vitamin A	1005	281	IU	6%
Vitamin C	12	3	mg	6%
Calcium	29	8	mg	0%
Iron	8	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	9	3	mg	10%

*% Daily Values based on 2,000 calorie diet

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	9.31
54%	
Total Grain (g)	17.12

Grain component derived from wheat

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, honey, cinnamon, salt, sodium bicarbonate, molasses, 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
06828303081502	28 g/1 oz	150/3ct	8 x 14 HI	5x19x11	0.59	11 lbs	9.38 lb

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.

MJM Super Wholesome All-Sports Bites-Apple
 Nutritional Statement
 MJM #513150

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	403	113	kcal	
Calories From Fat	105	29	kcal	
Total Fat	12	3.5	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	405	113	mg	5%
Potassium	186	52	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	6	2	g	8%
Sugars	24	7	g	
Protein	6	2	g	
Vitamin A	1203	337	IU	6%
Vitamin C	15	4	mg	6%
Calcium	52	15	mg	2%
Iron	8	2	mg	15%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	11%
Vitamin B3 Niacin	9	3	mg	13%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat



- ◆ Whole Grain
- ◆ 2g Fiber
- ◆ Zero Trans Fat
- ◆ Low Sodium
- ◆ All Natural Flavors
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 15% Iron
- ◆ Equals One Grain



Whole Grain (g)	9.89
	57%
Total Grain (g)	17.42

Grain component derived from wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, dextrose, cinnamon, natural apple flavor, sodium bicarbonate, salt, natural vanilla flavor, monocalcium phosphate, ammonium bicarbonate, added vitamins and iron (iron/electrolytic, niacinamide, ascorbic acid, vitamin A palmitate, thiamin mononitrate, riboflavin, folic acid, maltodextrin as carrier).

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828305131502	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 .



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	9.32
	53%
Total Grain (g)	17.65

Grain component derived from wheat

MJM Super Wholesome All-Sports Bites-Vanilla

Nutritional Statement

MJM #514150

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	393	110	kcal	
Calories From Fat	103	29	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	326	91	mg	4%
Potassium	178	50	mg	
Total Carbohydrate	69	19	g	6%
Dietary Fiber	5	1	g	4%
Sugars	23	6	g	
Protein	6	2	g	
Vitamin A	981	275	IU	6%
Vitamin C	12	3	mg	6%
Calcium	42	12	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	14%
Vitamin B2 Riboflavin	1	0	mg	11%
Vitamin B3 Niacin	9	2	mg	12%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, natural vanilla flavor, salt, sodium bicarbonate, ammonium bicarbonate, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

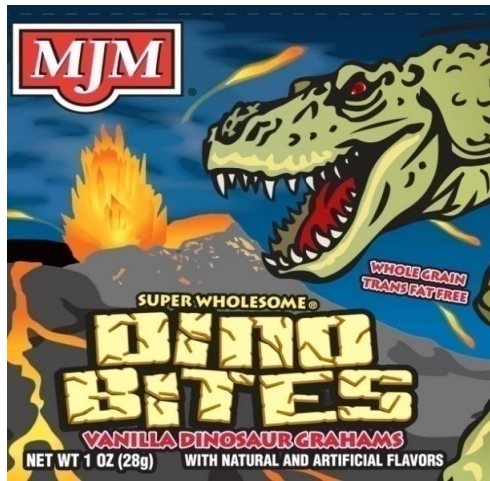
UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828305141501	28 g/1 oz	150ct	8 x 7 HI	11x19x11	1.3	11.5 lbs	9.38 lbs

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.



MJM Super Wholesome **Dino Bites-Vanilla** Nutritional Statement MJM #524150

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	405	113	kcal	
Calories From Fat	110	31	kcal	
Total Fat	12	3.5	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	341	95	mg	4%
Potassium	250	70	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	8	2	g	8%
Sugars	25	7	g	
Protein	6	2	g	
Vitamin A	1008	282	IU	6%
Vitamin C	12	3	mg	6%
Calcium	48	13	mg	2%
Iron	8	2	mg	15%
Vitamin B1 Thiamin	1	0	mg	16%
Vitamin B2 Riboflavin	1	0	mg	11%
Vitamin B3 Niacin	10	3	mg	14%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ 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)	17.72
100%	
Total Grain (g)	17.72

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, sugar, partially hydrogenated soybean oil and cottonseed oil, salt, sodium bicarbonate, monocalcium phosphate, natural & artificial vanilla custard flavor, added vitamins and iron (iron/electrolytic, niacinamide, ascorbic acid, vitamin A palmitate, thiamin mononitrate, riboflavin, folic acid, maltodextrin as carrier).

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828305241508	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 .

MJM Super Wholesome **Sound Bites-Chocolate Raspberry**
 Nutritional Statement
 MJM #542150

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

- ◆ 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
	55%
Total Grain (g)	16.83

Grain component derived from wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

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 .

MJM Super Wholesome **Sound Bites-Vanilla** Nutritional Statement MJM #544150

Meets Criteria for the Alliance for a Healthier Generation

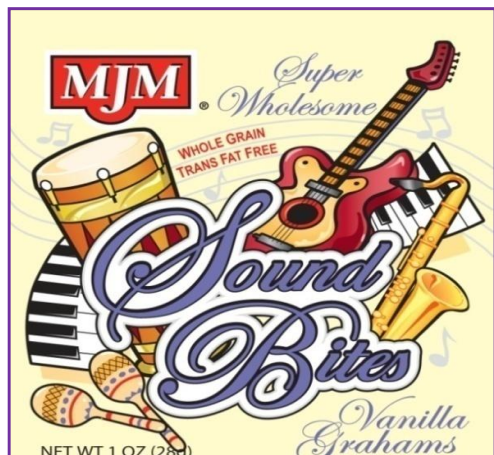
NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	402	114	kcal	
Calories From Fat	106	30	kcal	
Total Fat	12	3.5	g	5%
Saturated Fat	3	1	g	5%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	472	134	mg	6%
Potassium	178	50	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	5	1	g	6%
Sugars	24	7	g	
Protein	6	2	g	
Vitamin A	1000	284	IU	6%
Vitamin C	12	3	mg	6%
Calcium	42	12	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	9	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	9.26
	52%
Total Grain (g)	17.68

Grain component derived from wheat

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, leavening (sodium bicarbonate, ammonium bicarbonate, monocalcium phosphate), dextrose, natural vanilla flavor, salt, 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
06828305441502	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.



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ Good Source of Calcium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Calcium
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	16.65
100%	
Total Grain (g)	16.65

Grain component derived from wheat

MJM Super Wholesome Tropical Treats-Orange Nutritional Statement MJM #551150

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	397	113	kcal	
Calories From Fat	100	28	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	295	84	mg	4%
Potassium	235	67	mg	
Total Carbohydrate	72	20	g	7%
Dietary Fiber	7	2	g	8%
Sugars	28	8	g	
Protein	6	2	g	
Vitamin A	976	277	IU	6%
Vitamin C	12	3	mg	6%
Calcium	411	116	mg	10%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	10%
Vitamin B2 Riboflavin	1	0	mg	8%
Vitamin B3 Niacin	8	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, sugar, partially hydrogenated soybean and cottonseed oil, natural and artificial flavors, tricalcium phosphate, salt, sodium bicarbonate, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, folic acid, maltodextrin as carrier).

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828305511502	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.



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ Equals One Grain



Whole Grain (g)	9.92
	56%
Total Grain (g)	17.77

Grain component derived from wheat

MJM Super Wholesome Sunrise Bites-Maple Nutritional Statement MJM #570150

Meets Criteria for the Alliance for a Healthier Generation

Each package equals **1 GRAIN** exchange

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	402	113	kcal	
Calories From Fat	105	29	kcal	
Total Fat	12	3.5	g	5%
Saturated Fat	3	1	g	4%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	405	113	mg	5%
Potassium	184	51	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	5	1	g	6%
Sugars	24	7	g	
Protein	6	2	g	
Vitamin A	1053	295	IU	6%
Vitamin C	13	4	mg	6%
Calcium	42	12	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	9	2	mg	10%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat and Soy

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, modified wheat starch, dextrose, natural vanilla & maple flavor, sodium bicarbonate, salt, monocalcium phosphate, ammonium bicarbonate, 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
06828305701507	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.

MJM Super Wholesome Sunrise Bites-Maple

Nutritional Statement

MJM #770100

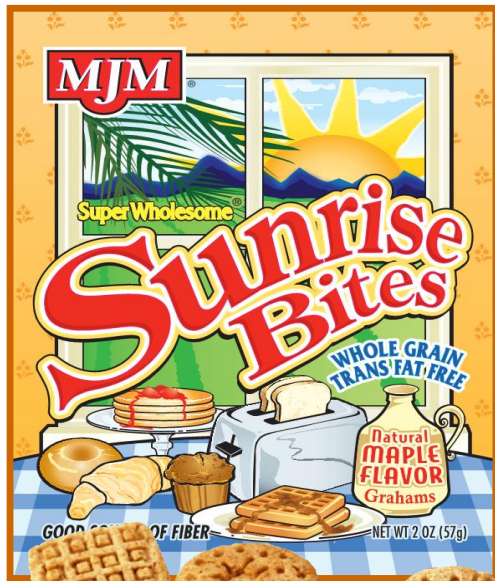
Meets Criteria for the Alliance for a Healthier Generation

Each package equals 2 GRAIN exchange

NUTRITION DATA:	Per 100g	Per Package 57g (2 bread)		% DV*
Calories	395	224	kcal	
Calories From Fat	107	61	kcal	
Total Fat	12	7	g	10%
Saturated Fat	3	2	g	9%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	3	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	407	231	mg	10%
Potassium	173	98	mg	
Total Carbohydrate	71	40	g	13%
Dietary Fiber	7	4	g	16%
Sugars	24	14	g	
Protein	5	3	g	
Vitamin A	1052	597	IU	10%
Vitamin C	13	7	mg	10%
Calcium	45	25	mg	2%
Iron	7	4	mg	25%
Vitamin B1 Thiamin	1	0	mg	30%
Vitamin B2 Riboflavin	1	0	mg	20%
Vitamin B3 Niacin	9	5	mg	25%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat and Soy



- ◆ Whole Grain
- ◆ GOOD SOURCE OF FIBER
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ Equals 2 Grains
- ◆ 25% Iron



Whole Grain (g)	18.52
	52%
Total Grain (g)	35.36

There are 2 servings in this package

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

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, modified wheat starch, dextrose, natural vanilla and maple flavor, sodium bicarbonate, salt, monocalcium phosphate, ammonium bicarbonate, 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
06828307701000	57 g/2 oz	100ct	8 x 7 HI	11x19x11	1.3	14.5 lbs	12.5 lbs

Each 2 oz package of this product satisfies USDA requirements for **TWO GRAIN** servings, 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.

MJM Savory Bites-Tomato Basil Crackers

Nutritional Statement

MJM #802155

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 22g USDA Group A (1 oz grain equivalent)		% DV*
Calories	366	81	kcal	
Calories From Fat	73	16	kcal	
Total Fat	8	2	g	3%
Saturated Fat	1	0	g	0%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	0	g	
Cholesterol	0	0	mg	0%
Sodium	883	190	mg	8%
Potassium	573	126	mg	
Total Carbohydrate	68	15	g	5%
Dietary Fiber	7	2	g	8%
Sugars	8	2	g	
Protein	8	2	g	
Vitamin A	742	163	IU	4%
Vitamin C	31	7	mg	10%
Calcium	73	16	mg	2%
Iron	9	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	15%
Vitamin B2 Riboflavin	1	0	mg	10%
Vitamin B3 Niacin	10	2	mg	11%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

All MJM products contain at least 51% whole grains.

This product is classified by the USDA as a **SAVORY CRACKER (Group A)** and is equal to 1 oz grain.

Whole grains greater than 8 grams per serving and total grains greater than 16 grams.

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean oil, tomato powder, salt, baking soda, onion powder, garlic powder, chile pepper, ammonium bicarbonate, basil, citric acid, cream of tartar, sodium acid pyrophosphate, black pepper, ascorbic acid.

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828308021503	22 g/ (1 oz grain)	1.55ct	8 x 7 HI	11x19x11	1.3	9 lbs	7.75 lbs

Each 22g package of this product satisfies USDA requirements for a Savory Cracker (classified under Group A) as a **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

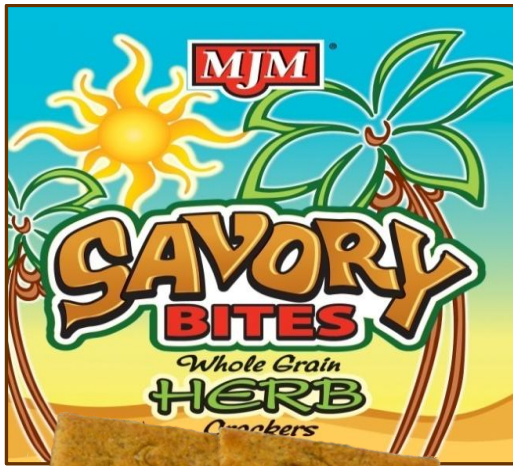


- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 10% Iron
- ◆ 10% Vitamin C
- ◆ Equals One Grain
- ◆ 2g Fiber



Whole Grain (g)	8.44
51%	
Total Grain (g)	16.48

Grain component derived from wheat



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Fat
- ◆ Low Sat Fat
- ◆ No Peanuts or Tree Nuts
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 8% Iron
- ◆ Equals One Grain



Whole Grain (g)
8.25
51%
Total Grain (g)
16.17

Grain component derived from wheat

MJM Savory Bites-Herb Crackers Nutritional Statement MJM #803155

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 22g USDA Group A (1 oz grain equivalent)		% DV*
Calories	404	89	kcal	
Calories From Fat	109	24	kcal	
Total Fat	12	2.5	g	4%
Saturated Fat	2	0	g	0%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	1	g	
Monounsaturated Fat	3	1	g	
Cholesterol	0	0	mg	0%
Sodium	929	199	mg	8%
Potassium	431	95	mg	
Total Carbohydrate	67	15	g	5%
Dietary Fiber	6	1	g	4%
Sugars	11	2	g	
Protein	9	2	g	
Vitamin A	1466	323	IU	6%
Vitamin C	15	3	mg	6%
Calcium	106	23	mg	2%
Iron	7	1	mg	8%
Vitamin B1 Thiamin	1	0	mg	7%
Vitamin B2 Riboflavin	0	0	mg	6%
Vitamin B3 Niacin	7	1	mg	7%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat, Milk

HUSC GOLD STANDARD APPROVED

All MJM products contain at least 51% whole grains.
This product is classified by the USDA as a SAVORY CRACKER (Group A) and is equal to 1 oz grain.
Whole grains greater than 8 grams per serving and total grains greater than 16 grams.

ALL MJM Products Are Whole Grain & Meet [New USDA Guidelines](#)

INGREDIENTS:

Whole wheat flour, wheat flour, soybean oil, sugar, salt, baking soda, non fat dry milk, garlic powder, onion powder, tomato powder, natural spice, citric acid, cream of tartar, whole dill weed, ammonium bicarbonate, sodium acid pyrophosphate, parsley, basil, black pepper, 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
06828308031557	22 g/ (1 oz grain)	155ct	8 x 7 HI	11x19x11	1.3	9 lbs	7.75 lbs

Each 22g package of this product satisfies USDA requirements for a Savory Cracker (classified under Group A) as a **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



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Fat
- ◆ Low Sat Fat
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ Equals One Grain
- ◆ 10% Iron
- ◆ 10% Vitamin C



Whole Grain (g)	8.58
	51%
Total Grain (g)	16.73

Grain component derived from wheat

MJM Super Wholesome Lava Bites-Smoked Chile Nutritional Statement MJM #881155

Meets Criteria for the Alliance for a Healthier Generation

NUTRITION DATA:	Per 100g	Per Serving 22g (USDA Group A 1oz grain equivalent)		% DV*
Calories	390	86	kcal	
Calories From Fat	108	24	kcal	
Total Fat	12	2.5	g	4%
Saturated Fat	2	0	g	0%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	1	g	
Monounsaturated Fat	3	1	g	
Cholesterol	0	0	mg	0%
Sodium	873	190	mg	8%
Potassium	215	47	mg	
Total Carbohydrate	66	15	g	5%
Dietary Fiber	6	1	g	4%
Sugars	9	2	g	
Protein	7	2	g	
Vitamin A	423	93	IU	2%
Vitamin C	31	7	mg	10%
Calcium	66	14	mg	2%
Iron	9	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	12%
Vitamin B2 Riboflavin	1	0	mg	9%
Vitamin B3 Niacin	8	2	mg	9%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

All MJM products contain at least 51% whole grains.

This product is classified by the USDA as a SAVORY CRACKER (Group A) and is equivalent to 1 oz.

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole grain blend (whole wheat flour, whole grain yellow corn), enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, sugar, salt, chile flavor (chile powder, tomato powder, garlic powder, spice, onion powder, jalapeno pepper powder), ammonium bicarbonate, black pepper, sodium bicarbonate, chile pepper, monocalcium phosphate, citric acid, red pepper, ascorbic acid.

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828308811555	22 g/(1oz grain)	155ct	8 x 7 HI	11x19x11	1.3	9 lbs	7.75 lbs

Each 22g package of this product satisfies USDA requirements for a Savory Cracker (classified under Group A) as a **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



MJM
MARKETING

PO Box 1477
Kailua Kona, HI 96745-1477
(800) 505-5080 tel / (800) 510-6650 fax

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

In compliance with USDA standards, all MJM products contain at least 51% whole grains, with whole grains per serving greater than 8 grams; each product ingredient listing, lists whole grain first. MJM products are nut-free, low in saturated fat, zero trans fat and zero cholesterol.

MJM ALLERGEN STATEMENTS

ALL MJM PRODUCTS ARE PRODUCED IN A NUT-FREE FACILITY

ITEM #	DESCRIPTION	Nut-Free	Kosher	Eggs	Soy	Zero Trans Fat	Milk	Wheat	Whey	Artificial Colors	At Least 51% Whole Grain
402001	Chocolate Bear Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
403001	Apple Cinnamon Bear Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
404001	Vanilla Bear Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
423001	Apple Cinnamon Waffle Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
405001	Strawberry Waffle Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
407001	Strawberry Dinosaur Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
409001	Lemon Dinosaur Grahams-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
300151	Honey Grahams-Low Fat, Whole Grain & Zero Trans Fat 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
301151	Honey Grahams-Good Source of FIBER, Whole Grain & Zero Trans Fat 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
308151	Cinnamon Grahams-Whole Grain & Zero Trans Fat 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
513150	NEW! All-Sports Bites, Apple-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
514150	All-Sports Bites, Vanilla-Whole Grain & Zero Trans Fat 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
524150	Dino Bites, Vanilla-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
542150	Sound Bites, Chocolate Raspberry-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
544150	Sound Bites, Vanilla-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
551150	Tropical Treats w/Calcium, Orange Cream-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
570150	Sunrise Bites, Maple-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	YES	YES	NO	YES	NO	NO	YES
770100	Sunrise Bites, Maple-Good FIBER, Whole Grain, Zero Trans Fat & No HFCS 2-GRAINS	YES	YES	NO	YES	YES	NO	YES	NO	NO	YES
802155	NEW! Savory Bites, Tomato Basil-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES
803155	NEW! Savory Bites, Herb-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	YES	YES	NO	NO	YES
881155	NEW! Lava Bites, Smoked Chile-Whole Grain, Zero Trans Fat & No HFCS 1-GRAIN	YES	YES	NO	NO	YES	NO	YES	NO	NO	YES

INDIVIDUALLY WRAPPED * NO NUTS * NO EGGS * KOSHER * NO PRESERVATIVES * SB 12 COMPLIANT

MJM does not purchase, store or produce any products that contain peanuts, peanut oil, peanut butter, or any products made from nuts.

All MJM products are made in the United States, as well as all ingredients used to manufacture MJM products.

Helen Corey
Vice President
MJM Marketing

Rev 6/12/13

MJM Nutritional Recap

MJM LARGE 2-ct & 3-ct PACK

MJM Code:	402001	403001	404001	405001	423001	407001	409001	300151	301151	308151
	Chocolate Bear	Apple Cinn Bear	Vanilla Bear	Strawberry Waffle	Apple Cinn Waffle	Strawberry Dino	Lemon Dino	Honey Low Fat	Honey Fiber	Cinnamon
Case/Pk	300/2	300/2	300/2	300/2	300/2	300/2	300/2	150/3ct	150/3ct	150/3ct
Pkg Wt	28 g	28 g	28 g	28 g	28 g	28 g	28 g	28 g	28 g	28 g
Grains/Svg	1	1	1	1	1	1	1	1	1	1
Calories	112	115	113	113	115	115	106	112	107	112
Cal from Fat	27	31	29	26	31	29	27	28	30	29
Total Fat (g)	3	3.5	3	3	3.5	3	3	3	3.5	3
Sat Fat (g)	1	0.5	0.5	0	0.5	0.5	0	1	1	1
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0
Cholesterol	0	0	0	0	0	0	0	0	0	0
Sodium	100	100	95	95	100	95	85	140	140	140
Carbs (g)	20	20	20	21	20	20	19	20	20	20
Fiber (g)	2	2	2	1	2	1	1	1	3	1
Sugars (g)	7	7	6	7	7	7	6	7	7	7
Protein (g)	2	1	2	2	1	1	1	2	1	1
Total Grain	16.59	16.75	17.39	17.50	16.75	17.22	16.79	17.56	17.30	17.12
Whole Grain	9.34	8.91	9.10	9.24	8.91	9.06	8.86	9.52	11.42	9.31
Fiber (g)	7%	6%	7%	5%	6%	5%	5%	5%	11%	6%
Vitamin A	6%	6%	6%	6%	6%	6%	6%	6%	6%	6%
Vitamin C	6%	6%	6%	6%	6%	6%	6%	6%	6%	6%
Calcium	2%	2%	2%	2%	2%	2%	2%	0%	0%	0%
Iron	15%	10%	10%	10%	10%	10%	10%	10%	10%	10%
Thiamin B-1	15%	10%	10%	10%	10%	10%	12%	15%	15%	15%
Riboflavin	10%	8%	10%	10%	8%	10%	9%	10%	10%	10%
Niacin B-3	15%	10%	10%	10%	10%	10%	11%	15%	10%	10%

MJM BITE-SIZE PRODUCTS

MJM Code:	513150	514150	524150	542150	544150	551150	570150	770100	802155	803155	881155
	All-Sports Bites- Apple	All-Sports Bites-Vanilla	Dino Bites-Vanilla	Sound Bites-Choc Rasp	Sound Bites-Vanilla	Tropical Treats-Orange	Sunrise Bites-Maple 1-oz	Sunrise Bites-Maple 2-oz	Savory Bites-Tomato Basil Crackers	Savory Bites-Herb Crackers	Lava Bites-Smoked Chile Crackers
Case/Pk	150ct	150ct	150ct	150ct	150ct	150ct	150ct	100ct	155ct	155ct	155ct
Pkg Wt	28 g	28 g	28 g	28 g	28 g	28 g	28 g	57 g	22g	22g	22 g
Grains/Svg	1	1	1	1	1	1	1	2	1	1	1
Calories	113	110	113	109	114	113	113	224	81	89	86
Cal from Fat	29	29	31	27	30	28	29	61	16	24	24
Total Fat (g)	3.5	3.0	3.5	3.0	3.5	3.0	3.5	7.0	2.0	2.5	2.5
Sat Fat (g)	1	1	1	1	1	1	1	2	0	0	0
Trans Fat (g)	0	0	0	0	0	0	0	0	0	0	0
Cholesterol	0	0	0	0	0	0	0	0	0	0	0
Sodium	113	91	95	100	134	84	113	231	190	199	190
Carbs (g)	20	19	20	20	20	20	20	40	15	15	15
Fiber (g)	2	1	2	2	1	2	1	4	2	1	1
Sugars (g)	7	6	7	7	7	8	7	14	2	2	2
Protein (g)	2	2	2	2	2	2	2	3	2	2	2
Total Grain	17.42	17.65	17.72	16.83	17.68	16.65	17.77	35.36	16.48	16.17	16.73
Whole Grain	9.89	9.32	17.72	9.27	9.26	16.65	9.92	18.52	8.44	8.25	8.58
Fiber (g)	8%	4%	8%	8%	6%	8%	6%	16%	8%	4%	4%
Vitamin A	6%	6%	6%	6%	6%	6%	6%	10%	4%	6%	2%
Vitamin C	6%	6%	6%	6%	6%	6%	6%	10%	10%	6%	10%
Calcium	2%	2%	2%	2%	2%	10%	2%	2%	2%	2%	2%
Iron	15%	10%	15%	15%	10%	10%	10%	25%	10%	8%	10%
Thiamin B-1	15%	14%	16%	14%	15%	10%	15%	30%	15%	7%	12%
Riboflavin	11%	11%	11%	11%	10%	8%	10%	20%	10%	6%	9%
Niacin B-3	13%	12%	14%	13%	10%	10%	10%	25%	11%	7%	9%