

Nutrition Facts

Serving Size: 1/2 cup dry (40g)
Servings Per Container: 13

Amount Per Serving

Calories **150**
Calories from Fat 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Soluble Fiber 2g

Insoluble Fiber 2g

Sugars less than 1g

Protein 5g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 10%

* 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

Ingredients: 100% whole grain rolled oats.

MALT-O-MEAL

OATMEAL QUICK - TUBE

OQU-2.1

Approved: 06/28/05

Nutrition Facts have been developed to comply with current Federal regulations.



GRAIN REQUIREMENTS

Once equivalent standards for the National School Lunch and Breakfast Programs (NSLP/SBP)

Element 1: All grain products served in NSLP/SBP must be credited based on per-ounce equivalent (oz eq) standards. This applies to various products as follows:

- Ready-to-eat (RTE) breakfast cereal:
1 oz of product -or- 1 cup flakes or rounds, 1.25 cups puffed cereal, ¼ cup granola provides 1 oz eq credit.
- Oatmeal: 1 oz of dry product -or- ½ cup cooked cereal provides 1 oz eq credit.

AND

Element 2: The food must meet at least one of the following requirements:

- The volumes or weights listed must be offered to credit as 1 oz eq and whole grains must be the primary grains.
- The product includes a FDA approved whole-grain health claim on it's packaging.
- The product ingredient declaration lists a whole grain first. Products in which whole-grain content comes from multiple ingredients can meet the whole grain-rich criteria when all whole grains combined are the primary ingredient by weight.

** Non-creditable grains should be limited to no more than 6.99 grams per 1 oz eq credit.

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Hearty Traditions Quick Oatmeal Tube Code No.: 04650 (12/42 oz)
 Manufacturer: Post Consumer Brands Serving Size 1 oz
 (raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes No
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

II. Does the product contain non-creditable grains: Yes No **How many grams:** _____
(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals). *(Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16grams creditable grain per oz eq; Group H uses the standard of 28grams creditable grain per oz eq; and Group I is reported by volume or weight.)*

Indicate to which Exhibit A Group (A-I) the Product Belongs: H

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ²	Creditable Amount
	A	B	A ÷ B
Breakfast Cereals Cooked	28g	28g	1
Total Creditable Amount³			1

*Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹(Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
²Standard grams of creditable grains from the corresponding Group in Exhibit A.
³Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) oz eq. Do **not** round up.

Total weight (per portion) of product as purchased 1 oz
 Total contribution of product (per portion) 1 oz equivalent

I certify that the above information is true and correct and that a 1 ounce portion of this product (ready for serving) provides 1 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

Merrilee Olson
 Signature

K12 Sales Manager
 Title

Merrilee Olson
 Printed Name

11/25/15 763-245-0853
 Date Phone Number