



- ◆ Whole Grain
- ◆ Good Source of Fiber
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 25% Iron
- ◆ 2 oz. Grain Eq.



Whole Grain (g)	18.69
	55%
Total Grain (g)	33.90
(Derived from wheat)	

**MJM Sunrise Bites-Maple 2 oz**  
Nutritional Statement  
MJM #770100

Each package equals 2 GRAIN equivalent

NUTRITION DATA:	Per 100g	Per Package 57g (2 Grain)		% DV*
Calories	395	220	kcal	
Calories From Fat	107	60	kcal	
Total Fat	12	7	g	10%
Saturated Fat	2	1	g	5%
Trans Fat	0	0	g	
Polyunsaturated Fat	6	3	g	
Monounsaturated Fat	3	2	g	
Cholesterol	0	0	mg	0%
Sodium	406	230	mg	10%
Potassium	173	100	mg	3%
Total Carbohydrate	71	40	g	13%
Dietary Fiber	7	4	g	16%
Sugars	24	14	g	
Protein	5	3	g	
Vitamin A	1053	597	IU	10%
Vitamin C	13	7	mg	10%
Calcium	45	25	mg	2%
Iron	7	4	mg	25%
Vitamin B1 Thiamin	0.73	0.41	mg	30%
Vitamin B2 Riboflavin	0.63	0.36	mg	20%
Vitamin B3 Niacin	8.51	4.83	mg	25%

\*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.

Contains: Wheat

Each package of this product meets USDA requirements for 2 oz. GRAIN equivalent as well as FCS Instruction for the Grain component requirement in the National School Lunch & Breakfast Program.

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, soybean 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).

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.

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830770102	57g/2 oz	100ct	8 x 7 HI	19x11x11	1.3	14.5 lb	12.5 lb

**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	18.69	16	1.17
Enriched Flour	15.21	16	0.95
<b>Total Creditable Grain Amount</b>			<b>2</b>
Non-Creditable Grains (Not Included in totals above)			1.71g

  

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	57g	28g	2	Group B	57g	<b>2 oz. equivalent</b>

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**HUSSC GOLD STANDARD APPROVED**