

MJM Apple Cinnamon Bear Graham

1 servings per container

Serving size Amount per serving Calories

Total Fat 3.5g

Trans Fat 0g

Cholesterol 0mg

Sodium 100mg

Protein 1g

Vitamin D 0mcg

Potassium 47mg

Riboflavin 0.2mg

Thiamin 0.2mg

Niacin 2mg

Calcium 16mg

Iron 2mg

Saturated Fat 0.5g

Total Carbohydrate 21g Dietary Fiber 2g

Includes 7g Added Sugars

*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

Total Sugars 7g

Nutritional Statement MJM #403001

Nutrition Facts

Smart Snack Approved

(28g)

4%

3%

0%

4%

8%

7%

14%

0%

2%

10%

2%

15%

15%

15%

% Daily Value*



- **♦** Whole Grain
- ♦ Vegan
- **♦** Zero Trans Fat
- **♦ All Natural Flavors**
- ♦ No High Fructose Corn Syrup
- ♦ No Peanuts or Tree Nuts
- **♦ No Sesame**
- **Low Sodium**
- ♦ 2g Fiber
- No Dairy
- **♦ No Preservatives**
- **♦** Kosher
- ♦ 1 oz. Grain Equivalent

Whole Grain (g) 8.92 53% Total Grain (g) 16.94

(Derived from wheat)



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 Apple Flavor, Monocalcium Phosphate, Corn Starch, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin as Carrier), Annatto Extract,

Contains: Wheat

Natural Vanilla Flavor.

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830403000	28g/1 oz	300/2	8x7HI	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	8.92	16	0.56						
Enriched Flour	8.02	16	0.50						
Total Creditable Grain Amount			1						
Non-Creditable Grains (Not in	cluded in totals above	/e)	0.28g						
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 **HUSSC GOLD STANDARD APPROVED**