

fresh-baked breads.



created for schools

NO Artificial Flavors  
NO Artificial Colors  
NO Artificial Preservatives  
NO High Fructose Corn Syrup

# K-12 Spec 30 ct. 4" Hamburger Bun, Sliced

Material Number: 95933380



### INGREDIENT LABELING INFORMATION

WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, CULTURED WHEAT FLOUR, MONOCALCIUM PHOSPHATE, SESAME FLOUR, ENZYMES, ASCORBIC ACID, SOY LECITHIN

CONTAINS: WHEAT, SOY, SESAME

### CLAIMS:

1 SERVING = 2 OZ EQ GRAIN  
WHOLE GRAIN RICH  
51% WHOLE GRAIN  
16g OF WHOLE GRAINS PER SERVING

## Nutrition Facts

30 Servings per container

Serving Size: 1 Bun (63 g / 2.2 oz)

Amount per serving

**Calories 150**

% Daily Value\*

Total Fat	1.5g	2%
Saturated Fat	0g	0%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	0g	
Cholesterol	0mg	0%
Sodium	240mg	11%
Total Carbohydrate	30g	11%
Dietary Fiber	2g	8%
Total Sugars	4g	
Includes	4g Added Sugars	8%
Protein	7g	
Vitamin D	0.6mcg	2%
Calcium	50mg	4%
Iron	1.7mg	10%
Potassium	110mg	2%

\* The % Daily Value (DV) 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

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The nutrition and ingredient information is accurate at the time of printing. This information is updated periodically. Please contact your Flowers representative if you have questions about this information.



# Formula 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: K12SPEC 30CT 4" HAM SL Code No.: 95933380

Manufacturer: FLOWERS FOODS Serving Size 1 Bun (63 g/ 2.2 oz)  
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X 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 X No \_\_\_\_\_ How many grams: 0.33  
(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 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams 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: B

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup>	Gram Standard of Creditable Grain per oz equivalent <sup>2</sup>	Creditable Amount
	A	B	A ÷ B
WHOLE GRAIN	16.83	16	↓
ENRICHED GRAIN	16.17	16	
			2.06
<b>Total Creditable Amount<sup>3</sup></b>			<b>2.00</b>

\*Creditable grains are whole-grain meal/flour and enriched meal/flour.

<sup>1</sup>(Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.

<sup>2</sup>Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup>Total 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 63 grams

Total contribution of product (per portion) 2.00 oz equivalent

I certify that the above information is true and correct and that a 2.2 ounce portion of this product (ready for serving) provides 2.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 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.

Tracy Barnes

Signature

QA Labeling Analyst

Title

Tracy Barnes

Printed Name

01/07/22

Date

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Phone Number