



MJM Savory Wheat Cracker 2 oz Grain

Nutritional Statement

MJM #781100

Each package equals 2 GRAIN equivalent

NUTRITION DATA:	Per 100g	Per Serving 45g USDA Group A (2oz grain equivalent)	% DV*
Calories	390	180 kcal	
Calories From Fat	108	50 kcal	
Total Fat	12	5.0 g	8%
Saturated Fat	2	1 g	5%
Trans Fat	0	0 g	
Polyunsaturated Fat	6	1 g	
Monounsaturated Fat	3	1 g	
Cholesterol	0	0 mg	0%
Sodium	712	320 mg	13%
Potassium	401	88 mg	
Total Carbohydrate	66	30 g	10%
Dietary Fiber	8	3 g	12%
Sugars	9	4 g	
Protein	7	3 g	
Vitamin A	0	0 IU	0%
Vitamin C	0	0 mg	0%
Calcium	38	17 mg	2%
Iron	17	8 mg	45%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

- ◆ Whole Grain
- ◆ Good Source of Fiber
- ◆ Zero Trans Fat
- ◆ No Peanuts or Tree Nuts
- ◆ No High Fructose Corn Syrup
- ◆ Low Sat Fat
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ No Artificial Flavors
- ◆ SB12 Compliant
- ◆ 2 oz. Grain Equivalent



Whole Grain (g)	24.50
73%	
Total Grain (g)	33.64
(Derived from 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), soybean oil, sugar, salt, sodium bicarbonate, malt syrup, molasses, honey, onion powder, ammonium bicarbonate, citric acid, cream of tartar (potassium bitartrate), sodium acid pyrophosphate, natural honey flavor, garlic powder.

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
00682830781108	45g/2 oz eq	100ct	8 x 7 HI	11x19x11	1.3	11 lb	9 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	24.50	16	1.53
Enriched Flour	9.14	16	0.57
Total Creditable Grain Amount			2
Non-Creditable Grains (Not included in totals above)			0g

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
Savory Cracker	45g	22g	2	Group A	45g	2 oz. equivalent

I certify that the above information is true and correct and that a 45g portion of this product (ready for serving) provides 2 oz. equivalent Grains. I further certify that non-creditable grains are not above 3.99 grams (or 0.24oz eq) per portion.

Helen Corey
Helen Corey (800) 505-5080

Vice President
MJM Marketing

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