



2 oz. 100% Whole Wheat English Muffin Fork Split

Material Number: 10520480

Pack: 12/6pk

Gross Weight: 10.50 lbs.

Net Weight: 9.00 lbs.

Cube: 0.85

Case Dimensions: 22.375" X 12.500" X 5.250"

Cases per layer: TI 6

Layers per Pallet: HI 12

Cases per Pallet: 72

Frozen Shelf Life: 5-7days

Shelf Life after Thaw: 270 days

UPC: 0-00-75361-01435-5

INGREDIENT LABELING INFORMATION

WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, RAISIN JUICE CONCENTRATE, SOYBEAN OIL, SALT, VINEGAR, FARINA (WHEAT), RICE FLOUR, CALCIUM SULFATE, ASCORBIC ACID, ENZYMES, CITRIC ACID, SODIUM CITRATE, CALCIUM PROPIONATE AND SORBIC ACID (TO RETARD SPOILAGE)

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Nutrition Facts

Serving Size 1 Muffin (57 g/2.0 oz)

Servings Per Container 6

Amount per serving

Calories 120

% Daily Value*

Total Fat	1.5 g	2%
Saturated Fat	0 g	0%
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
Cholesterol	0 mg	0%
Sodium	180 mg	8%
Total Carbohydrate	26 g	9%
Dietary Fiber	3 g	12%
Total Sugars	3 g	
Includes	3 g Added Sugars	5%
Protein	5 g	
Vitamin D	0.5 mcg	2%
Calcium	85 mg	6%
Iron	0.9 mg	4%
Potassium	124 mg	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.

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: EUROP RET 100% WHL WHE ENG MUFFIN 12/6PK Code No.: 10520480

Manufacturer: FLOWERS FOODS Serving Size 1 Muffin (57 g/ 2.0 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: 0.00
(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 ¹	Gram Standard of Creditable Grain per oz equivalent ²	Creditable Amount
	A	B	A ÷ B
WHOLE GRAIN	29.04	16	1.81
ENRICHED GRAIN	0.00	16	
			1.81
Total Creditable Amount³			1.75

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

¹(Serving size) X (% of creditable grain in formula). Please be aware serving size 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 57 grams

Total contribution of product (per portion) 1.75 oz equivalent

I certify that the above information is true and correct and that a 2.0 ounce portion of this product (ready for serving) provides 1.75 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 Osgatharp

Signature

QA Labeling Associate

Title

Tracy Osgatharp

Printed Name

01/05/17

Date

229 227-2015

Phone Number