

GFS Product Information: Nutrition Resource Center

ITEM INFORMATION	469480C, Oatmeal Assrt Pack 3-50ct C=Cinnamon & SpiceGFS
VENDOR INFORMATION	Conagra Foods, Inc. (Cereal)
APPROVAL INFORMATION (Name, Date)	11/26/2011 Cindy Newman
STORAGE REQUIREMENTS	Grocery (Dry)
TOTAL SHELF LIFE	546 days
LOT CODE DEFINITION	"Best if used by" MMM DD YY P TT:TT MMM=month, DD=day, YY=year, P=plant, TT:TT military time/hour:minute (optional) Example: MAY1712N 22:51
COUNTRY OF ORIGIN If this is a fish item, is it farm raised or wild?	United States
KOSHER (Y/N) If Kosher, what certification?	Yes OU
CHILD NUTRITION LABEL (Y/N)	No
SCHOOL UNCH EQUIVALENTS Meat/Meat Alternate Equivalent (oz): Grain/Bread Equivalent: Fruit/Vegetable Equivalent (cups):	
INGREDIENT INFORMATION	WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL FLAVOR, SALT, CINNAMON AND OTHER SPICES, GUAR GUM, CARAMEL COLOR, VITAMINS AND MINERALS: CALCIUM CARBONATE (A SOURCE OF CALCIUM), NIACINAMIDE**, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE**, RIBOFLAVIN**, THIAMINE MONONITRATE**, FOLIC ACID**, VITAMIN D. **ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS <i>Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!</i>	CONVENTIONAL COOKING DIRECTIONS 1. EMPTY PACKET INTO BOWL. 2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND FOR ONE MINUTE BEFORE EATING. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. FOR 2 PACKETS: EMPTY PACKETS INTO BOWL. ADD 1 CUP BOILING WATER; STIR. LET STAND ONE MINUTE BEFORE EATING. MICROWAVE COOKING DIRECTIONS 1. EMPTY PACKET INTO MICROWAVE-SAFE BOWL. 2. ADD 2/3 CUP WATER OR MILK. 3. MICROWAVE ON HIGH 1 TO 2 MINUTES; STIR. LET STAND ONE MINUTE BEFORE EATING. HANDLE CAREFULLY; BOWL MAY BE HOT. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. DUE TO DIFFERENCES IN MICROWAVE OVENS, COOKING TIME IS APPROXIMATE. FOR 2 PACKETS: EMPTY PACKETS INTO MICROWAVE-SAFE BOWL. ADD 1-1/3 CUPS WATER

OR MILK. MICROWAVE ON HIGH 2 TO 3 MINUTES;
STIR. LET STAND ONE MINUTE BEFORE EATING.

ADDITIONAL COOKING DIRECTIONS
TO QUICKLY COOL YOUR HOT OATMEAL, ADD MILK
OR AN ICE CUBE.
USE A POT HOLDER TO HANDLE HOT BOWL OR POT.
KIDS, ASK AN ADULT FOR HELP, IF NEEDED.

Nutrition Facts	
Serving Size	1 packet (43g)
Servings Per Container	10 About Or, does it vary? No
Amount Per Serving	
Calories	160
Calories from Fat	20
Total Fat (g)	2.0
Saturated Fat (g)	0
Trans Fat (g)	0.0
Cholesterol (mg)	0
Sodium (mg)	210
Total Carbohydrate (g)	32
Dietary Fiber (g)	3
Sugars (g)	9
Protein (g)	4
Vitamin A (%)	20
Vitamin C (%)	0
Calcium (%)	10
Iron (%)	20

Additional NLEA Notes: Vitamin D 20%; Thiamine 20%; Riboflavin 20%; Niacin 20%; Vitamin B6 20%; Folate 20%; Phosphorus 15%; Magnesium 15%

Analytical Results	
Calculated or Test Results	Calculated data
As Purchased or Prepared	
Sample Weight	43 g
Sample Volume	

Analytical Information	
Calories	160.00
Calories from fat	20.00
Total fat (g)	2.00
Saturated fat (g)	0.00
Trans fat (g)	0.00
Monounsaturated fat (g)	0.50
Polyunsaturated fat (g)	1.00
Cholesterol (mg)	0.00
Sodium (mg)	210.00
Potassium (mg)	120.00
Total Carbohydrates (g)	32.00
Dietary Fiber (g)	3.00

Sugars (g)	9.00
Protein (g)	4.00
Vitamin A (iu)	1000.00
Vitamin C (mg)	0.00
Vitamin D (iu)	80.00
Calcium (mg)	100.00
Iron (mg)	3.60
Magnesium (mg)	60.00
Phosphorous (mg)	150.00
Zinc (mg)	
Riboflavin (mg)	0.34
Thiamin (mg)	0.30
Niacin (mg)	4.00
Vitamin B-6 (mg)	0.40
Folic acid (mg)	0.08
Vitamin B-12 (mcg)	



Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2014-2015
(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 2014-1015. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Instant Oatmeal Variety Pack-Cinnamon Spice Code No.: 469480
 Manufacturer: ConAgra Foods, Inc. Serving Size: 1 packet (43g)
(raw dough weight may be used to calculate creditable grain amount)

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

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent <i>(16g or 28g)²</i>	Creditable Amount
	A	B	A ÷ B
Whole Grain Rolled Oats	32 grams	28 grams	1.14
Total Creditable Amount³			1.00

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
² Standard grams of creditable grains from the corresponding Group in Exhibit A.
³ 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 43g (1.5oz)
 Total contribution of product (per portion) 1.00 oz equivalent

I certify that the above information is true and correct and that a 1.5 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. 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.

<u>Sarah B Phillips, MS, RD</u>	Principal Labeling Specialist
Signature	Title
Sarah B. Phillips	05/22/15 (314) 877-7533
Printed Name	Date Phone Number

GFS Product Information: Nutrition Resource Center

ITEM INFORMATION	469480B, Oatmeal Assrt Pack 3-50ct B= Maple Brown SugarGFS
VENDOR INFORMATION	Conagra Foods, Inc. (Cereal)
APPROVAL INFORMATION (Name, Date)	11/26/2011 Cindy Newman
STORAGE REQUIREMENTS	Grocery (Dry)
TOTAL SHELF LIFE	546 days
LOT CODE DEFINITION	"Best if used by" MMM DD YY P TT:TT MMM=month, DD=day, YY=year, P=plant, TT:TT military time/hour:minute (optional) Example: MAY1712N 22:51
COUNTRY OF ORIGIN If this is a fish item, is it farm raised or wild?	United States
KOSHER (Y/N) If Kosher, what certification?	Yes OU
CHILD NUTRITION LABEL (Y/N)	No
SCHOOL UNCH EQUIVALENTS Meat/Meat Alternate Equivalent (oz): Grain/Bread Equivalent: Fruit/Vegetable Equivalent (cups):	
INGREDIENT INFORMATION	WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL FLAVORS, SALT, GUAR GUM, CARAMEL COLOR, VITAMINS AND MINERALS: CALCIUM CARBONATE (A SOURCE OF CALCIUM), NIACINAMIDE**, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE**, RIBOFLAVIN**, THIAMINE MONONITRATE**, FOLIC ACID**, VITAMIN D. **ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS <i>Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!</i>	CONVENTIONAL COOKING DIRECTIONS 1. EMPTY PACKET INTO BOWL. 2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND FOR ONE MINUTE BEFORE EATING. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. FOR 2 PACKETS: EMPTY PACKETS INTO BOWL. ADD 1 CUP BOILING WATER; STIR. LET STAND ONE MINUTE BEFORE EATING. MICROWAVE COOKING DIRECTIONS 1. EMPTY PACKET INTO MICROWAVE-SAFE BOWL. 2. ADD 2/3 CUP WATER OR MILK. 3. MICROWAVE ON HIGH 1 TO 2 MINUTES; STIR. LET STAND ONE MINUTE BEFORE EATING. HANDLE CAREFULLY; BOWL MAY BE HOT. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. DUE TO DIFFERENCES IN MICROWAVE OVENS, COOKING TIME IS APPROXIMATE. FOR 2 PACKETS: EMPTY PACKETS INTO MICROWAVE-SAFE BOWL. ADD 1-1/3 CUPS WATER OR MILK. MICROWAVE ON HIGH 2 TO 3 MINUTES;

STIR. LET STAND ONE MINUTE BEFORE EATING.

ADDITIONAL COOKING DIRECTIONS
 TO QUICKLY COOL YOUR HOT OATMEAL, ADD MILK
 OR AN ICE CUBE.
 USE A POT HOLDER TO HANDLE HOT BOWL OR POT.
 KIDS, ASK AN ADULT FOR HELP, IF NEEDED.

Nutrition Facts	
Serving Size	1 packet (43g)
Servings Per Container	10 About Or, does it vary? No
Amount Per Serving	
Calories	160
Calories from Fat	20
Total Fat (g)	2
Saturated Fat (g)	0.0
Trans Fat (g)	0.0
Cholesterol (mg)	0
Sodium (mg)	230
Total Carbohydrate (g)	32
Dietary Fiber (g)	3
Sugars (g)	9
Protein (g)	4
Vitamin A (%)	20
Vitamin C (%)	0
Calcium (%)	10
Iron (%)	20

Additional NLEA Notes: Vitamin D 20%; Thiamine 20%; Riboflavin 20%; Niacin 20%; Vitamin B6 20%; Folate 20%; Phosphorus 15%; Magnesium 15%.

Analytical Results	
Calculated or Test Results	Calculated data
As Purchased or Prepared	
Sample Weight	43 g
Sample Volume	

Analytical Information	
Calories	160.00
Calories from fat	20.00
Total fat (g)	2.00
Saturated fat (g)	0.00
Trans fat (g)	0.00
Monounsaturated fat (g)	0.50
Polyunsaturated fat (g)	1.00
Cholesterol (mg)	0.00
Sodium (mg)	230.00
Potassium (mg)	115.00
Total Carbohydrates (g)	32.00
Dietary Fiber (g)	3.00
Sugars (g)	9.00

Protein (g)	4.00
Vitamin A (iu)	1000.00
Vitamin C (mg)	0.00
Vitamin D (iu)	80.00
Calcium (mg)	100.00
Iron (mg)	3.60
Magnesium (mg)	60.00
Phosphorous (mg)	150.00
Zinc (mg)	
Riboflavin (mg)	0.34
Thiamin (mg)	0.30
Niacin (mg)	4.00
Vitamin B-6 (mg)	0.40
Folic acid (mg)	0.08
Vitamin B-12 (mcg)	



Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2014-2015
(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 2014-1015. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Instant Oatmeal Variety Pack-Maple Brown Sugar Code No.: 469480
 Manufacturer: ConAgra Foods, Inc. Serving Size: 1 packet (43g)
(raw dough weight may be used to calculate creditable grain amount)

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

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent <i>(16g or 28g)²</i>	Creditable Amount
	A	B	A ÷ B
Whole Grain Rolled Oats	31 grams	28 grams	1.11
Total Creditable Amount³			1.00

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
² Standard grams of creditable grains from the corresponding Group in Exhibit A.
³ 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 43g (1.5oz)
 Total contribution of product (per portion) 1.00 oz equivalent

I certify that the above information is true and correct and that a 1.5 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. 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.

 Sarah B Phillips, MS, RD Principal Labeling Specialist
 Signature Title
 Sarah B. Phillips 05/22/15 (314) 877-7533
 Printed Name Date Phone Number

GFS Product Information: Nutrition Resource Center

ITEM INFORMATION	469480A, Oatmeal Assrt Pack 3-50ct -A =Regular FlavorGFS
VENDOR INFORMATION	Conagra Foods, Inc. (Cereal)
APPROVAL INFORMATION (Name, Date)	11/26/2011 Cindy Newman
STORAGE REQUIREMENTS	Grocery (Dry)
TOTAL SHELF LIFE	546 days
LOT CODE DEFINITION	"Best if used by" MMM DD YY P TT:TT MMM=month, DD=day, YY=year, P=plant, TT:TT military time/hour:minute (optional) Example: MAY1712N 22:51
COUNTRY OF ORIGIN If this is a fish item, is it farm raised or wild?	United States
KOSHER (Y/N) If Kosher, what certification?	Yes OU
CHILD NUTRITION LABEL (Y/N)	No
SCHOOL UNCH EQUIVALENTS Meat/Meat Alternate Equivalent (oz): Grain/Bread Equivalent: Fruit/Vegetable Equivalent (cups):	
INGREDIENT INFORMATION	WHOLE GRAIN ROLLED OATS, SALT, GUAR GUM, CARAMEL COLOR, VITAMINS AND MINERALS: CALCIUM CARBONATE (A SOURCE OF CALCIUM), FERRIC ORTHOPHOSPHATE (A SOURCE OF IRON), NIACINAMIDE**, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE**, RIBOFLAVIN**, THIAMINE MONONITRATE**, FOLIC ACID**, VITAMIN D. **ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS <i>Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!</i>	CONVENTIONAL COOKING DIRECTIONS 1. EMPTY PACKET INTO BOWL. 2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND FOR ONE MINUTE BEFORE EATING. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. FOR 2 PACKETS: EMPTY PACKETS INTO BOWL. ADD 1 CUP BOILING WATER; STIR. LET STAND ONE MINUTE BEFORE EATING. MICROWAVE COOKING DIRECTIONS 1. EMPTY PACKET INTO MICROWAVE-SAFE BOWL. 2. ADD 2/3 CUP WATER OR MILK. 3. MICROWAVE ON HIGH 1 TO 2 MINUTES; STIR. LET STAND ONE MINUTE BEFORE EATING. HANDLE CAREFULLY; BOWL MAY BE HOT. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. DUE TO DIFFERENCES IN MICROWAVE OVENS, COOKING TIME IS APPROXIMATE. FOR 2 PACKETS: EMPTY PACKETS INTO

MICROWAVE-SAFE BOWL. ADD 1-1/3 CUPS WATER OR MILK. MICROWAVE ON HIGH 2 TO 3 MINUTES; STIR. LET STAND ONE MINUTE BEFORE EATING.

ADDITIONAL COOKING DIRECTIONS TO QUICKLY COOL YOUR HOT OATMEAL, ADD MILK OR AN ICE CUBE. USE A POT HOLDER TO HANDLE HOT BOWL OR POT. KIDS, ASK AN ADULT FOR HELP, IF NEEDED.

Nutrition Facts	
Serving Size	1 packet (28 g)
Servings Per Container	10 About Or, does it vary? No
Amount Per Serving	
Calories	100
Calories from Fat	20
Total Fat (g)	2.0 3
Saturated Fat (g)	0.0 0
Trans Fat (g)	0.0
Cholesterol (mg)	0 0
Sodium (mg)	75 3
Total Carbohydrate (g)	19 6
Dietary Fiber (g)	3 11
Sugars (g)	0
Protein (g)	3
Vitamin A (%)	20
Vitamin C (%)	0
Calcium (%)	10
Iron (%)	45

Additional NLEA Notes: Vitamin D 20%; Thiamine 20%; Riboflavin 20%; Niacin 20%; Vitamin B6 20%; Folate 20%; Phosphorus 15%; Magnesium 10%

Analytical Results	
Calculated or Test Results	Calculated data
As Purchased or Prepared	
Sample Weight	28 g
Sample Volume	

Analytical Information	
Calories	100.00
Calories from fat	20.00
Total fat (g)	2.00
Saturated fat (g)	0.00
Trans fat (g)	0.00
Monounsaturated fat (g)	0.50
Polyunsaturated fat (g)	0.50
Cholesterol (mg)	0.00
Sodium (mg)	75.00
Potassium (mg)	100.00
Total Carbohydrates (g)	19.00

Dietary Fiber (g)	3.00
Sugars (g)	0.00
Protein (g)	3.00
Vitamin A (iu)	
Vitamin C (mg)	
Vitamin D (iu)	
Calcium (mg)	
Iron (mg)	
Magnesium (mg)	
Phosphorous (mg)	
Zinc (mg)	
Riboflavin (mg)	
Thiamin (mg)	
Niacin (mg)	
Vitamin B-6 (mg)	
Folic acid (mg)	
Vitamin B-12 (mcg)	



Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2014-2015
(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 2014-1015. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Instant Oatmeal Variety Pack-Regular Code No.: 469480

Manufacturer: ConAgra Foods, Inc. Serving Size 1 packet (28g)
(raw dough weight may be used to calculate creditable grain amount)

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

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent <i>(16g or 28g)²</i>	Creditable Amount
	A	B	A ÷ B
Whole Grain Rolled Oats	27 grams	28 grams	0.96
Total Creditable Amount³			0.75

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
² Standard grams of creditable grains from the corresponding Group in Exhibit A.
³ 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 28g (1oz)
 Total contribution of product (per portion) 0.75 oz equivalent

I certify that the above information is true and correct and that a 1.0 ounce portion of this product (ready for serving) provides 0.75 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. 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.

 Sarah B Phillips, MS, RD
 Signature
 Sarah B. Phillips
 Printed Name

 Principal Labeling Specialist
 Title
 05/22/15 (314) 877-7533
 Date Phone Number

GFS Product Information: Nutrition Resource Center

ITEM INFORMATION	469480E, Oatmeal Assrt Pack 3-50ct E=Apples & CinnamonGFS
VENDOR INFORMATION	Conagra Foods, Inc. (Cereal)
APPROVAL INFORMATION (Name, Date)	11/26/2011 Cindy Newman
STORAGE REQUIREMENTS	Grocery (Dry)
TOTAL SHELF LIFE	546 days
LOT CODE DEFINITION	"Best if used by" MMM DD YY P TT:TT MMM=month, DD=day, YY=year, P=plant, TT:TT military time/hour:minute (optional) Example: MAY1712N 22:51
COUNTRY OF ORIGIN If this is a fish item, is it farm raised or wild?	United States
KOSHER (Y/N) If Kosher, what certification?	Yes OU
CHILD NUTRITION LABEL (Y/N)	No
SCHOOL UNCH EQUIVALENTS Meat/Meat Alternate Equivalent (oz): Grain/Bread Equivalent: Fruit/Vegetable Equivalent (cups):	
INGREDIENT INFORMATION	WHOLE GRAIN ROLLED OATS, SUGAR, DEHYDRATED APPLES (TREATED WITH SULFUR DIOXIDE AND SODIUM SULFITE TO PROMOTE COLOR RETENTION), NATURAL FLAVORS, SALT, CINNAMON, GUAR GUM, CITRIC ACID, BEET POWDER (FOR COLOR), VITAMINS AND MINERALS: CALCIUM CARBONATE (A SOURCE OF CALCIUM), FERRIC ORTHOPHOSPHATE (A SOURCE OF IRON), NIACINAMIDE**, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE**, RIBOFLAVIN**, THIAMINE MONONITRATE**, FOLIC ACID**, VITAMIN D. **ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS <i>Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!</i>	CONVENTIONAL COOKING DIRECTIONS 1. EMPTY PACKET INTO BOWL. 2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND FOR ONE MINUTE BEFORE EATING. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. FOR 2 PACKETS: EMPTY PACKETS INTO BOWL. ADD 1 CUP BOILING WATER; STIR. LET STAND ONE MINUTE BEFORE EATING. MICROWAVE COOKING DIRECTIONS 1. EMPTY PACKET INTO MICROWAVE-SAFE BOWL. 2. ADD 2/3 CUP WATER OR MILK. 3. MICROWAVE ON HIGH 1 TO 2 MINUTES; STIR. LET STAND ONE MINUTE BEFORE EATING. HANDLE CAREFULLY; BOWL MAY BE HOT. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. DUE TO DIFFERENCES IN MICROWAVE OVENS,

COOKING TIME IS APPROXIMATE.
 FOR 2 PACKETS: EMPTY PACKETS INTO
 MICROWAVE-SAFE BOWL. ADD 1-1/3 CUPS WATER
 OR MILK. MICROWAVE ON HIGH 2 TO 3 MINUTES;
 STIR. LET STAND ONE MINUTE BEFORE EATING.

ADDITIONAL COOKING DIRECTIONS
 TO QUICKLY COOL YOUR HOT OATMEAL, ADD MILK
 OR AN ICE CUBE.
 USE A POT HOLDER TO HANDLE HOT BOWL OR POT.
 KIDS, ASK AN ADULT FOR HELP, IF NEEDED.

Nutrition Facts	
Serving Size	1 packet (35g)
Servings Per Container	10 About Or, does it vary? No
<i>Amount Per Serving</i>	
Calories	130
Calories from Fat	15
Total Fat (g)	1.5
Saturated Fat (g)	0
Trans Fat (g)	0.0
Cholesterol (mg)	0
Sodium (mg)	160
Total Carbohydrate (g)	27
Dietary Fiber (g)	3
Sugars (g)	9
Protein (g)	3
Vitamin A (%)	20
Vitamin C (%)	0
Calcium (%)	10
Iron (%)	20

Additional NLEA Notes: Vitamin D 20%, Thiamine 20%, Riboflavin 20%, Niacin 20%, Vitamin B6 20%, Folate 20%, Phosphorus 10%, Magnesium 10%

Analytical Results	
Calculated or Test Results	Calculated data
As Purchased or Prepared	
Sample Weight	35 g
Sample Volume	

Analytical Information	
Calories	130.00
Calories from fat	15.00
Total fat (g)	1.50
Saturated fat (g)	0.00
Trans fat (g)	0.00
Monounsaturated fat (g)	0.50
Polyunsaturated fat (g)	0.50
Cholesterol (mg)	0.00
Sodium (mg)	160.00

Potassium (mg)	115.00
Total Carbohydrates (g)	27.00
Dietary Fiber (g)	3.00
Sugars (g)	9.00
Protein (g)	3.00
Vitamin A (iu)	1000.00
Vitamin C (mg)	0.00
Vitamin D (iu)	80.00
Calcium (mg)	100.00
Iron (mg)	3.60
Magnesium (mg)	40.00
Phosphorous (mg)	100.00
Zinc (mg)	
Riboflavin (mg)	0.34
Thiamin (mg)	0.30
Niacin (mg)	4.00
Vitamin B-6 (mg)	0.40
Folic acid (mg)	0.08
Vitamin B-12 (mcg)	



Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2014-2015
(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 2014-1015. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Instant Oatmeal Variety Pack-Apples&Cinnamon Code No.: 469480

Manufacturer: ConAgra Foods, Inc. Serving Size 1 packet (35g)
(raw dough weight may be used to calculate creditable grain amount)

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

H

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹ A	Gram Standard of Creditable Grain per oz equivalent (16g or 28g) ² B	Creditable Amount A ÷ B
Whole Grain Rolled Oats	22 grams	28 grams	0.786
Total Creditable Amount³			0.75

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
² Standard grams of creditable grains from the corresponding Group in Exhibit A.
³ 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 35g (1.24oz)
 Total contribution of product (per portion) 0.75 oz equivalent

I certify that the above information is true and correct and that a 1.24 ounce portion of this product (ready for serving) provides 0.75 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. 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.

Sarah B Phillips, MS, RD
 Signature
 Sarah B. Phillips
 Printed Name

Principal Labeling Specialist
 Title
 05/22/15
 Date
 (314) 877-7533
 Phone Number

GFS Product Information: Nutrition Resource Center

ITEM INFORMATION	469480D, Oatmeal Assrt Pack 3-50ct D=Cinnamon RollIGFS
VENDOR INFORMATION	Conagra Foods, Inc. (Cereal)
APPROVAL INFORMATION (Name, Date)	11/26/2011 Cindy Newman
STORAGE REQUIREMENTS	Grocery (Dry)
TOTAL SHELF LIFE	546 days
LOT CODE DEFINITION	"Best if used by" MMM DD YY P TT:TT MMM=month, DD=day, YY=year, P=plant, TT:TT military time/hour:minute (optional) Example: MAY1712N 22:51
COUNTRY OF ORIGIN If this is a fish item, is it farm raised or wild?	United States
KOSHER (Y/N) If Kosher, what certification?	Yes OU
CHILD NUTRITION LABEL (Y/N)	No
SCHOOL UNCH EQUIVALENTS Meat/Meat Alternate Equivalent (oz): Grain/Bread Equivalent: Fruit/Vegetable Equivalent (cups):	
INGREDIENT INFORMATION	WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL AND ARTIFICIAL FLAVORS, SALT, CINNAMON, GUAR GUM, CARAMEL COLOR, VITAMINS AND MINERALS: CALCIUM CARBONATE (A SOURCE OF CALCIUM), NIACINAMIDE**, REDUCED IRON, VITAMIN A PALMITATE, PYRIDOXINE HYDROCHLORIDE**, RIBOFLAVIN**, THIAMINE MONONITRATE**, FOLIC ACID**, VITAMIN D. **ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS <i>Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!</i>	CONVENTIONAL COOKING DIRECTIONS 1. EMPTY PACKET INTO BOWL. 2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND FOR ONE MINUTE BEFORE EATING. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. FOR 2 PACKETS: EMPTY PACKETS INTO BOWL. ADD 1 CUP BOILING WATER; STIR. LET STAND ONE MINUTE BEFORE EATING. MICROWAVE COOKING DIRECTIONS 1. EMPTY PACKET INTO MICROWAVE-SAFE BOWL. 2. ADD 2/3 CUP WATER OR MILK. 3. MICROWAVE ON HIGH 1 TO 2 MINUTES; STIR. LET STAND ONE MINUTE BEFORE EATING. HANDLE CAREFULLY; BOWL MAY BE HOT. USE LESS WATER FOR THICKER OATMEAL OR MORE WATER FOR THINNER OATMEAL. DUE TO DIFFERENCES IN MICROWAVE OVENS, COOKING TIME IS APPROXIMATE. FOR 2 PACKETS: EMPTY PACKETS INTO MICROWAVE-SAFE BOWL. ADD 1-1/3 CUPS WATER

OR MILK. MICROWAVE ON HIGH 2 TO 3 MINUTES;
STIR. LET STAND ONE MINUTE BEFORE EATING.

ADDITIONAL COOKING DIRECTIONS
TO QUICKLY COOL YOUR HOT OATMEAL, ADD MILK
OR AN ICE CUBE.
USE A POT HOLDER TO HANDLE HOT BOWL OR POT.
KIDS, ASK AN ADULT FOR HELP, IF NEEDED.

Nutrition Facts	
Serving Size	1 packet (43g)
Servings Per Container	10 About Or, does it vary? No
Amount Per Serving	
Calories	160
Calories from Fat	120
Total Fat (g)	2
Saturated Fat (g)	0.0
Trans Fat (g)	0.0
Cholesterol (mg)	0
Sodium (mg)	210
Total Carbohydrate (g)	32
Dietary Fiber (g)	3
Sugars (g)	9
Protein (g)	4
Vitamin A (%)	20
Vitamin C (%)	0
Calcium (%)	10
Iron (%)	20

Additional NLEA Notes: Vitamin D 20%; Thiamine 20%; Riboflavin 20%; Niacin 20%; Vitamin B6 20%; Folate 20%; Phosphorus 15%; Magnesium 15%

Analytical Results	
Calculated or Test Results	Calculated data
As Purchased or Prepared	
Sample Weight	43 g
Sample Volume	

Analytical Information	
Calories	160.00
Calories from fat	20.00
Total fat (g)	2.00
Saturated fat (g)	0.00
Trans fat (g)	0.00
Monounsaturated fat (g)	0.50
Polyunsaturated fat (g)	1.00
Cholesterol (mg)	0.00
Sodium (mg)	210.00
Potassium (mg)	120.00
Total Carbohydrates (g)	32.00
Dietary Fiber (g)	3.00

Sugars (g)	9.00
Protein (g)	4.00
Vitamin A (iu)	1000.00
Vitamin C (mg)	0.00
Vitamin D (iu)	80.00
Calcium (mg)	100.00
Iron (mg)	3.60
Magnesium (mg)	60.00
Phosphorous (mg)	150.00
Zinc (mg)	
Riboflavin (mg)	0.34
Thiamin (mg)	0.30
Niacin (mg)	4.00
Vitamin B-6 (mg)	0.40
Folic acid (mg)	0.08
Vitamin B-12 (mcg)	



Formulation Statement for Documenting Grains in School Meals Required Beginning SY 2014-2015
(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 2014-1015. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Instant Oatmeal Variety Pack-Cinnamon Roll Code No.: 469480

Manufacturer: ConAgra Foods, Inc. Serving Size 1 packet (43g)
(raw dough weight may be used to calculate creditable grain amount)

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

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per oz equivalent <i>(16g or 28g)²</i>	Creditable Amount
	A	B	A ÷ B
Whole Grain Rolled Oats	32 grams	28 grams	1.14
Total Creditable Amount³			1.00

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹ (Serving size) X (% of creditable grain in formula). Please be aware that serving sizes other than grams must be converted to grams.
² Standard grams of creditable grains from the corresponding Group in Exhibit A.
³ 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 43g (1.5oz)
 Total contribution of product (per portion) 1.00 oz equivalent

I certify that the above information is true and correct and that a 1.5 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains **are not** above 0.24 oz eq. per portion. 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.

 Sarah B Phillips, MS, RD
 Signature
 Sarah B. Phillips
 Printed Name

 Principal Labeling Specialist
 Title
 05/22/15 (314) 877-7533
 Date Phone Number