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)
COUNTRY OF ORIGIN	Example: MAY1712N 22:51 United States
If this is a fish item, is it farm raised or	Officed States
wild?	
KOSHER (Y/N)	Yes OU
If Kosher, what certification?	
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.
	AOID , VITAINIIV D.
	**ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS	CONVENTIONAL COOKING DIRECTIONS
Note: These may not be an exact match to the	1. EMPTY PACKET INTO BOWL.
packaging instructions. Always utilize the packaging for the most current preparation	2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND
instructions!	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.

	<b>Nutrition Facts</b>			
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	3		
Saturated Fat (g)	0	0		
Trans Fat (g)	0.0			
Cholesterol (mg)	0	0		
Sodium (mg)	210	9		
Total Carbohydrate (g)	32	11		
Dietary Fiber (g)	3	14		
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 data			
43 g			

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)	



Product Name:	Instan	t Oatmeal Variety Pack-Cinnamon	Spice	Code No.:	469480		
	et the	gra Foods, Inc.  Whole Grain-Rich Criteria: ents for the National School Lunch Prog		(raw dough v	,	calculate creditable grain amour	ıt)
	oz equi	non- creditable grains: Yes valent or 3.99 grams for Groups A-G or				ay not credit towards the grain	
Program: Exhibit A to (RTE breakfast cereals standard of 16grams creditable	deter 6). (Diff e grain	n SP 30-2012 Grain Requirements in the product fits into Greent methodologies are applied to calcuper oz eq; Group H uses the standard of	Groups Acculate serving 28grams ca	G (baked good gs of grain compor reditable grain per	ds), Group H (cen	real grains) or Group I le grains. Groups A-G use the	fast
Indicate to which Exhib	bit A	Group (A-I) the Product Belo	ngs:	<u>H</u>			
Description of Credital Grain Ingredient*	ble	Grams of Creditable Grain Ingredient per Portion1	Credi	am Standard o table Grain per equivalent (16g or 28g) <sub>2</sub> B	r oz	itable Amount A÷B	
Whole Grain Rolled Oats	5	32 grams		28 grams		1.14	
	.3					4.00	
<sup>1</sup> (Serving size) <b>X</b> (% of cre <sup>2</sup> Standard grams of credital	le-graii ditable ble gra	n meal/flour and enriched meal/flour e grain in formula). Please be aware tins from the corresponding Group e rounded <i>down</i> to the nearest quart	e that servi	A.		1.00 onverted to grams.	
Total weight (per portion Total contribution of pro		•	<u>5oz)</u>			oz equivalent	
I certify that the above in serving) provides 1. per portion. Products wi	nforma 00 th mo	ation is true and correct and that oz equivalent Grains. I further re than 0.24 oz equivalent or 3. credit towards the grain require	certify th	at non-creditab for Groups A-C	G or 6.99 grams fo	roduct (ready for above 0.24 oz eq.	
Sarah B Phileip	v m	5.85		D <sub>ri</sub>	incipal Labeling S	necialist	
Signature	-) 1 1	٠,١٠١٠		Tit		pooluine	
Sarah B. Phillips					/22/15	(314) 877-7533	
Printed Name	-			Da	nte	Phone Number	

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	United States
If this is a fish item, is it farm raised or	Officed States
wild?	
KOSHER (Y/N)	Yes OU
If Kosher, what certification?	
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.
	MONOTOTIVATE , TOELO AOLD , VITAMINA D.
	**ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS	CONVENTIONAL COOKING DIRECTIONS
Note: These may not be an exact match to the	1. EMPTY PACKET INTO BOWL.
packaging instructions. Always utilize the packaging for the most current preparation	2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND
instructions!	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;
	ON WHEN. WHONOWAVE ON THOM 2 TO 3 WHIND IES,

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	1			
Calories	160			
Calories from Fat	20			
Total Fat (g)	2	3		
Saturated Fat (g)	0.0	0		
Trans Fat (g)	0.0			
Cholesterol (mg)	0	0		
Sodium (mg)	230	10		
Total Carbohydrate (g)	32	11		
Dietary Fiber (g)	3	12		
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)	



I Toduct Ivallic.	instant Sugar	Oatmeal variety Pack-Maple Brow	vn Code No.:	469480	
	ConAg	gra Foods, Inc.		1 packet	t (43g)
Manufacturer:			Serving Size	aight may ba	used to calculate creditable grain amount)
-		Whole Grain-Rich Criteria: Matternation of the National School Lunch Prog	Yes ⊠ No □		used to calculate creditable grain amount)
-	oz equiv	non- creditable grains: Yes alent or 3.99 grams for Groups A-G or	• •	,	rains may not credit towards the grain
Program: Exhibit A to (RTE breakfast cereals standard of 16grams creditable	<b>detern</b> (Diffe grain p	mine if the product fits into G erent methodologies are applied to calc er oz eq; Group H uses the standard of	roups A-G (baked go ulate servings of grain comp 28grams creditable grain po	ods), Group	ch Program and School Breakfas H (cereal grains) or Group I creditable grains. Groups A-G use the roup I is reported by volume or weight.)
Indicate to which Exhib	bit A (	Group (A-I) the Product Below	ngs: H		
Description of Creditak Grain Ingredient*	ble	Grams of Creditable Grain Ingredient per Portion1	Gram Standard Creditable Grain p equivalent (16g or 28g)2	_	Creditable Amount
		Α	В		Α÷Β
Whole Grain Rolled Oats	5	31 grams	28 grams		1.11
Total Creditable Amoun	t <sup>3</sup>				1.00
*Creditable grains are whol 1 (Serving size) <b>X</b> (% of cre <sup>2</sup> Standard grams of credital	le-grain ditable ble grai	meal/flour and enriched meal/flou grain in formula). Please be aware ns from the corresponding Group i rounded <i>down</i> to the nearest quart	that serving sizes other to in Exhibit A.		
Total weight (per portion	n) of pr	oduct as purchased 43g (1.5	Soz)		
Total contribution of pro		•	<del></del>		oz equivalent
•		tion is true and correct and that	a 1.5 oun	ce portion of	this product (ready for
		oz equivalent Grains. I further		-	•
		re than 0.24 oz equivalent or 3.9	•	-	•
		credit towards the grain require	-	_	and for Group II of
Sarah B Phileip	•				eling Specialist
Signature		2197.40	T	Title	
Sarah B. Phillips			0	5/22/15	_(314) 877-7533
Printed Name				Date	Phone Number

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	United States
If this is a fish item, is it farm raised or	Office Otales
wild?	
KOSHER (Y/N)	Yes OU
If Kosher, what certification?	
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 PÂLMITATE, PYRIDOXINE
	HYDROCHLORIDE**, RIBOFLAVIN**, THIAMINE MONONITRATE**, FOLIC ACID**, VITAMIN D.
	WONONITICATE , FOLIC ACID , VITAWIIN D.
	**ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS	CONVENTIONAL COOKING DIRECTIONS
Note: These may not be an exact match to the	1. EMPTY PACKET INTO BOWL.
packaging instructions. Always utilize the	2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND
packaging for the most current preparation instructions!	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		

l	1
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)	



Product Name: _	Instan	t Oatmeal Variety Pack-Regular	Code No.:	469480	
Manufacturer:	ufacturer: ConAgra Foods, Inc. Serving Size 1 packet (28g)  (raw dough weight may be used to calculate creditable gra			calculate creditable grain amount)	
		Whole Grain-Rich Criteria: ents for the National School Lunch Pro	Yes ⊠ No □		,
-	oz equi	non- creditable grains: Yes [ivalent or 3.99 grams for Groups A-G o			ay not credit towards the grain
Program: Exhibit A to (RTE breakfast cereals	deters). (Dif	m SP 30-2012 Grain Requirer mine if the product fits into ( ferent methodologies are applied to ca per oz eq; Group H uses the standard of	Groups A-G (baked good lculate servings of grain compo	ds), Group H (ce	real grains) or Group I le grains. Groups A-G use the
Indicate to which Exhi	ibit A	Group (A-I) the Product Belo	ongs: H		
Description of Credita Grain Ingredient*	ble	Grams of Creditable Grain Ingredient per Portion1	Gram Standard o Creditable Grain per equivalent (16g or 28g) <sub>2</sub>	r oz	litable Amount
		Α	В		A ÷ B
Whole Grain Rolled Oat	:S	27 grams	28 grams		0.96
Total Creditable Amour	nt <sup>3</sup>				0.75
<sup>1</sup> (Serving size) <b>X</b> (% of cre <sup>2</sup> Standard grams of credita	editable able gra	n meal/flour and enriched meal/flour e grain in formula). Please be awar ains from the corresponding Group e rounded <i>down</i> to the nearest quar	re that serving sizes other that in Exhibit A.		nverted to grams.
Total weight (per portion	n) of p	product as purchased 28g (1	oz)		
Total contribution of pro	oduct (	(per portion) 0.75			oz equivalent
•		ation is true and correct and tha		e portion of this pr	roduct (ready for
6/ T	0.75	oz equivalent Grains. I furthe	•	-	•
		ore than 0.24 oz equivalent or 3 credit towards the grain requir	-	J or 6.99 grams fo	r Group H of
non-creditable grains in	ay not	credit towards the grain requir	ements for school mears.		
Sarah B Phillip	30, M	IS, RD	Pr	incipal Labeling S	pecialist
Signature			Ti	tle	
Sarah B. Phillips			05	/22/15	(314) 877-7533
Printed Name			Da	ate	Phone Number

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	United States
If this is a fish item, is it farm raised or	
wild?	
KOSHER (Y/N)	Yes OU
If Kosher, what certification?	
CHILD NUTRITION LABEL (Y/N)	No
SCHOOL UNCH EQUIVALENTS	
Meat/Meat Alternate Equivalent (oz):	
Grain/Bread Equivalent:	
Fruit/Vegetable Equivalent (cups):	WILLIAM DOLLED CATO CUICAD DELIVEDATED
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.
	ACID , VITAIVIIIV D.
	**ONE OF THE B VITAMINS.
ALLERGEN INFORMATION	none
PREPARATION INSTRUCTIONS	CONVENTIONAL COOKING DIRECTIONS
Note: These may not be an exact match to the	1. EMPTY PACKET INTO BOWL.
packaging instructions. Always utilize the packaging for the most current preparation	2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND
instructions!	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				
Amount Per Serving					
Calories	130				
Calories from Fat	15				
Total Fat (g)	1.5	2			
Saturated Fat (g)	0	0			
Trans Fat (g)	0.0				
Cholesterol (mg)	0	0			
Sodium (mg)	160	7			
Total Carbohydrate (g)	27	9			
Dietary Fiber (g)	3	12			
Sugars (g)	9	_			
Protein (g)	3				
Vitamin A (%)	20				
Vitamin C (%)	0				
Calcium (%)	10	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 data			
35 g			

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)	



Product Name:	Instant Oati	meal Variety Pack-Aր	oples&Cinnamon	Code No.:	469480	
Manufacturer:	ConAgra F	oods, Inc.	Serving	Size	1 packet (35g)	
		ole Grain-Rich Co	riteria: Yes 🗵 N	(raw dough v		calculate creditable grain amount)
	than 0.24 oz equivalent	creditable grains or 3.99 grams for Grou				ay not credit towards the grain
Program: Exhib (RTE breakfast	oit A to determine cereals). (Different	e if the product fit methodologies are appl	s into Groups A	-G (baked goo	ds), Group H (ce	ogram and School Breakfast ereal grains) or Group I ble grains. Groups A-G use the reported by volume or weight.)
Indicate to whic	h Exhibit A Grou	ıp (A-I) the Produ	act Belongs:	Н		
Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup>	Gram Standard of Creditable Grain per oz equivalent (16g or 28g)²	Creditable Amount			
	Α	В	Α÷Β			
Whole Grain Rolled Oats	22 grams	28 grams	0.786			
<b>Total Creditable</b>	Amount <sup>3</sup>		0.75			
<sup>1</sup> (Serving size) <b>X</b> ( <sup>2</sup> Standard grams o	% of creditable grain freditable grains fr	al/flour and enriched in in formula). Please om the corresponding aded <i>down</i> to the near	be aware that serving Group in Exhibit	A.		onverted to grams.
Total weight (per	portion) of produ	ct as purchased	35g (1.24oz)			
Total contribution	n of product (per p	oortion) 0.	75			oz equivalent
•		is true and correct	_		e portion of this p	· •
		quivalent Grains. an 0.24 oz equivalo				
		it towards the grain		_	J of 0.77 grains in	or Group II or
0	hileips, MS, R	_			incipal Labeling S	Specialist
Signature				Ti		•
Sarah B. Phillips				05	/22/15	(314) 877-7533
Printed Name				Da	nte	Phone Number

RolloFS	ITEM INFORMATION	469480D, Oatmeal Assrt Pack 3-50ct D=Cinnamon
APPROVAL INFORMATION (Name, Date)  STORAGE REQUIREMENTS  Grocery (Dry)  TOTAL SHELF LIFE  LOT CODE DEFINITION  Description  Set if used by  MM DD YP TT:TT  MMM-month, DD-day, YY=year, P=plant, TT:TT military time/hour:minute (optional)  Example: MAY1712N 22:51  United States  United States  United States  United States  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**, RISOFLAVIN**, THIAMINE MONONITRATE**, FOLIC ACID***, VITAMIN D.  ***ONE OF THE B VITAMINS.  ALLERGEN INFORMATION  PREPARATION INSTRUCTIONS  Note: These may not be an exact match to the packaging for the most current preparation instructions!  ALLERGEN INFORMATION  PREPARATION INSTRUCTIONS  Note: These may not be an exact match to the packaging for the most current preparation instructions!  ALLERGEN INFORMATION  PREPARATION INSTRUCTIONS  Note: These may not be an exact match to the packaging for the most current preparation instructions!  ALLERGE INFORMATION  PREPARATION INSTRUCTIONS  Note: These may not be an exact match to the packaging for the most current preparation instructions!  ALLERGE INFORMATION  PREPARATION INSTRUCTIONS  Note: These may not be an exact match to the packaging for the most current preparation instructions!  ALLERGE INFORMATION  PREPARATION INSTRUCTIONS  Note: The packaging for the most current preparation instructions!  ALLERGE INFORMATION  PREPARATION INSTRUCTIONS  Note: The packaging for the most current preparation instructions!  ALLERGE INFORMATION  PREPARATION INSTRUCTIONS  NOTE: The packaging for the most current preparation instructions!  ALLERGE INFORMATION  PREPARATION INSTRUCTIONS  NOTE: The packaging for the most current preparation instructions!  ALLERGE INFORMATION  PREPARATION INSTRUCTIONS  NOTE: The packaging for the most current preparation instructions!  ALLERGE INTO THE MATCH THE MATCH THE MATCH THE MATCH THE		RollGFS
APPROVAL INFORMATION (Name, Date)	VENDOR INFORMATION	Conagra Foods, Inc. (Cereal)
STORAGE REQUIREMENTS	APPROVAL INFORMATION (Name, Date)	
TOTAL SHELF LIFE  LOT CODE DEFINITION  "Best if used by" MMM DD YY P TT:TT MMM=month, Db=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?  KOSHER (Y/N) If Kosher, what certification? CHILD NUTRITION LABEL (Y/N) 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, CARAMLE 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 PREPARATION INSTRUCTIONS Note: Tress may not be an exact match to the packaging instructions. Always utilize the packaging instructions. Always utiliz		·
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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?  KOSHER (Y/N) If Kosher, what certification? CHILD NUTRITION LABEL (Y/N) SCHOOL UNCH EQUIVALENTS Meat/Meat Alternate Equivalent (oz): Grain/Bread Equivalent (cups):  INGREDIENT INFORMATION  MHOLE 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.  **ONE OF THE B VITAMIN D.  **ONE OF THE B VITAMINS.		
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wild?  KOSHER (Y/N)  If Kosher, what certification?  CHILD NUTRITION LABEL (Y/N)  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  PREPARATION INSTRUCTIONS Noie. These may not be an exact match to the packaging for the most current preparation instructions. Always utilize the packaging instructions. And the packaging instructions. Always utilize the packaging instructions		
If Kosher, what certification?   CHILD NUTRITION LABEL (Y/N)   No	<u> </u>	
If Kosher, what certification?   CHILD NUTRITION LABEL (Y/N)   No	KOSHER (Y/N)	Yes OU
CHILD NUTRITION LABEL (Y/N)  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**, RIBOFLAVINI**, THIAMINE MONONITRATE**, FOLIC ACID**, VITAMIN D.  **ONE OF THE B VITAMINS.  ALLERGEN INFORMATION  PREPARATION INSTRUCTIONS Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!  CONVENTIONAL COOKING DIRECTIONS 1. EMPTY PACKET INTO BOWL. 2. ADD 1/2 CUP BOILING WATER; STIR. LET STAND FOR ONE MINUTE BEFORE EATING.  WICROWAVE COOKING DIRECTIONS 1. EMPTY PACKET INTO BOWL.  MICROWAVE COOKING DIRECTIONS 1. EMPTY PACKET INTO MICROWAVE-SAFE BOWL.		
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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  PREPARATION INSTRUCTIONS Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!  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. 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.	\ /	
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 PREPARATION INSTRUCTIONS Note: These may not be an exact match to the packaging instructions. Always utilize the packaging the most current preparation instructions!  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.	· · · · · · · · · · · · · · · · · · ·	
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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.  **ONE OF THE B VITAMI		
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 PREPARATION INSTRUCTIONS Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!  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.		WHOLE GRAIN ROLLED OATS, SUGAR, NATURAL AND
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 PREPARATION INSTRUCTIONS Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!  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.	1	ARTIFICIAL FLAVORS, SALT, CINNAMON, GUAR GUM,
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 PREPARATION INSTRUCTIONS Note: These may not be an exact match to the packaging instructions. Always utilize the packaging for the most current preparation instructions!  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. 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.	1	
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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.

	<b>Nutrition Facts</b>					
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	3				
Saturated Fat (g)	0.0	0				
Trans Fat (g)	0.0					
Cholesterol (mg)	0	0				
Sodium (mg)	210	9				
Total Carbohydrate (g)	32	11				
Dietary Fiber (g)	3	14				
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 data					
43 g					

A	nalytical 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)	



Product Name:	Instan	t Oatmeal Variety Pack-Cinnamon	Roll Code No.:	469480	<u></u>
Manufacturer:	ConA	gra Foods, Inc.	Serving Size	1 packet (43g)	
-		Whole Grain-Rich Criteria: ents for the National School Lunch Prog	Yes ⊠ No □		ılate creditable grain amount)
-	oz equi	non- creditable grains: Yes a valent or 3.99 grams for Groups A-G or	• 0		ot credit towards the grain
Program: Exhibit A to (RTE breakfast cereals standard of 16grams creditable	deter  b). (Diff  grain	n SP 30-2012 Grain Requirementine if the product fits into General methodologies are applied to calcuper oz eq; Group H uses the standard of Group (A-I) the Product Belo	Groups A-G (baked good culate servings of grain compon f 28grams creditable grain per	ds), Group H (cereal nent based on creditable gr	l grains) or Group I ains. Groups A-G use the
Description of Credital Grain Ingredient*		Grams of Creditable Grain Ingredient per Portion1	Gram Standard of Creditable Grain per equivalent (16g or 28g) <sub>2</sub>	Creditab	ole Amount
Whole Grain Rolled Oats	,	A 32 grams	<b>B</b> 28 grams		<b>A÷B</b> 1.14
<b>Total Creditable Amoun</b>	ıt <sup>3</sup>			1	1.00
<sup>1</sup> (Serving size) <b>X</b> (% of cre <sup>2</sup> Standard grams of credital	ditable ble gra	n meal/flour and enriched meal/flour e grain in formula). Please be aware tins from the corresponding Group e rounded <i>down</i> to the nearest quart	e that serving sizes other that in Exhibit A.		rted to grams.
Total weight (per portion	n) of p	product as purchased $43g(1.5)$	5oz)		
Total contribution of pro	duct (	per portion) 1.00			oz equivalent
serving) provides 1. per portion. Products wi	th mo	oz equivalent Grains. I further tre than 0.24 oz equivalent or 3.4 credit towards the grain require	certify that non-creditab 99 grams for Groups A-C	•	ve 0.24 oz eq.
Sarah B Phileip	w, M	S,RD	Pri	ncipal Labeling Spec	ialist
Signature			Tit		
Sarah B. Phillips			05/	/22/15	(314) 877-7533
Printed Name			Da	te	Phone Number