



MJM Chocolate Bear Graham

Nutritional Statement

MJM #402001

Smart Snack Approved

Nutrition Facts

1 servings per container
Serving size (28g)

Amount per serving
Calories 110

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 21g 8%

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 7g Added Sugars **14%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 3mg 15%

Potassium 97mg 2%

Thiamin 0.2mg 15%

Riboflavin 0.2mg 15%

Niacin 3mg 20%

*The % Daily Value 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

- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ Low Fat
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ 2g Fiber
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ 1 oz. Grain Equivalent

Whole Grain (g)	9.14
	55%
Total Grain (g)	16.56

(Derived from wheat)

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Cocoa (Processed with Alkali), Salt, Sodium Bicarbonate, Natural Flavors, Corn Starch, Monocalcium Phosphate, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin as Carrier).

Contains: Wheat

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830402003	28g/1 oz	300/2ct	8 x 7 HI	19 x 11 x 10	1.3	21 lb	19 lb

Each package of this product meets USDA requirements for a 1 oz. GRAIN

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	9.14	16	0.57			
Enriched Flour	7.42	16	0.46			
Total Creditable Grain Amount			1			
Non-Creditable Grains (Not included in totals above)			0.07g			
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
Graham	28g	28g	1	Group B	28g	1 oz. equivalent

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.

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 Vice President
 MJM Marketing

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