

11457 Olde Cabin Rd
 Suite 100
 St. Louis, MO 63141



Grain/Bread Contribution

Product	GFS Reorder Number	Manu Code	Serving Size	Whole Grain Equivalent Ounces
GFS Whole Grain Mexican Brown Rice	586280	R655-D5193	½ cup prepared	1 oz eq

I certify that the above information is true and accurate. Calculations are based on the following factors:

Whole Grain Mexican Brown Rice

Creditable Grain Ingredient long grain parboiled brown rice
 Quantity in ½ cup (29g dry) 24.75 g

According to the USDA Food Buying Guide for Child Nutrition Programs, to count as one full grains/breads serving, a food product must be labeled whole grain. In the ingredient statement, the primary ingredient is long grain parboiled brown rice. (Note: 14.75 grams of creditable grains = one full grains/breads serving.)

Group H	Minimum Serving Size for Group H	Whole Grain Mexican Brown Rice
Rice (dry) Note: weight applies to rice and not seasoning.	1 serving = ½ cup cooked	24.75 g of whole grain per serving

Signature of Company Representative _____ Date _____
 Luann Schafer, Senior Marketing Manager