



Gold Medal(R) Complete Pancake Mix, 5 lb, Whole Grain



2.25 OZ EQ GRAIN/50g. Meets USDA Whole Grain-Rich Criteria. Just add water or buttermilk. Made with 100% Whole Wheat. Great taste and texture with the benefits of whole grain. 0g trans fat per serving.

Product Last Saved Date:11 December 2018

Nutrition Facts

272 Servings per container

Serving Size (50.000 GRM)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 3.5 g **5%**

Saturated Fat 1.5 g **8%**

Trans Fat 0 g

Cholesterol 5 mg **2%**

Sodium 550 mg **23%**

Total Carbohydrate 34 g **11%**

Dietary Fiber 3 g **12%**

Total Sugars 6 g

Includes g Added Sugars %

Protein 5 g

Vitamin D mg %

Calcium 0 mg 4%

Iron 0 mg 6%

Potassium 130 mg 4%

*The % Daily Values (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.

Product Specifications:

Man Prod Code	Dist Prod Code	GTIN	Pack	Pack Description
16000-31527	628371	10016000315270	6 X 5.00 LBR	

Brand	Brand Owner	GPC Description
Gold Medal(R)	General Mills Inc.	Baking/Cooking Mixes (Shelf Stable)

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
32.7 LBR	30 LBR	USA	Yes	No

Shipping Information

Length	Width	Height	Volume	TlxHI	Shelf Life	Storage Temp From/To
15.68 INH	11.75 INH	10 INH	1.0662 FTQ	10x 5	279	32 FAH / 95 FAH

Ingredients :

WHOLE WHEAT FLOUR BLEACHED, SUGAR, PALM OIL, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE, MONOCALCIUM PHOSPHATE). CONTAINS 2% OR LESS OF: SALT, EGGS WITH SODIUM SILICOALUMINATE, BUTTERMILK, EGG WHITE, SOY FLOUR. CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.

Allergens(C='Contains' MC='May Contain' N='Free From' UN='Undeclared' 30='Free From Not Tested' 50='Derived From Ingredients' 60='Not Derived From Ingredients' NI='No Info

Eggs - C	Milk - C	Peanuts - NI
Soy - C	Wheat - C	TreeNuts - NI
Fish - NI	Crustacean - NI	

Handling Suggestions :

Store in cool dry location

Benefits :

2.25 OZ EQ GRAIN/50g. Meets USDA Whole Grain-Rich Criteria. Just add water or buttermilk. Made with 100% Whole Wheat. Great taste and texture with the benefits of whole grain. 0g trans fat per serving.

Serving Suggestions :

Can be used for both pancakes or waffles.

Prep & Cooking Suggestions :

POUR water and mix into mixing bowl. MIX using a wire whip until batter is blended and smooth. DO NOT OVER MIX. DEPOSIT batter on a preheated griddle set at 375°F. Grill 1 1/2 min on each side or until puffed and edges begin to dry. TURN ONCE.

More Information :



Formulation 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: Gold Medal® Whole Grain Complete Pancake Mix Code No.: 16000-31527

Manufacturer: General Mills, Inc. Serving Size 1.7 OZ (50 g)
(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 No X 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, Group H or Group I. (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: C

Table with 4 columns: Description of Creditable Grain Ingredient*, Grams of Creditable Grain Ingredient per Portion (A), Gram Standard of Creditable Grain per oz equivalent (16g or 28g) (B), and Creditable Amount (A ÷ B). Row 1: Whole Wheat Flour Bleached, 39g, 16g, 39g ÷ 16g = 2.43. Row 2: Total Creditable Amount, 2.25.

*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 1.7 OZ (50 g)
Total contribution of product (per portion) 2.25 oz equivalent

I certify that the above information is true and correct and that a 50g / 1.7 ounce portion of this product (ready for serving) provides 2.25 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.

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February 23, 2018