

SBI CODE #18450

Goodyman® Pull-a-Part

51% Whole Grain 2.5oz.



Nutrition Facts

servings per container	
Serving size	(71g)
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 8g of Added Sugars	16%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 83mg	2%

* The % Daily Value (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.

Contains Bioengineered Food Ingredients.

PRODUCT CONTRIBUTION

- **GRAIN CREDIT: 2 oz GE** • **GRAMS OF FLOUR: 32.4g**
- **GRAMS OF WHOLE GRAIN: 16.5g** • **GRAMS OF ENRICHED: 15.9g**
- **PERCENT OF TOTAL GRAINS THAT ARE WHOLE GRAIN: 51%**
- **DOES THIS PRODUCT QUALIFY AS WHOLE GRAIN RICH: YES**

PRODUCT HIGHLIGHTS

- **2 oz. Grain Equivalent**
- **8g of Sugar and 4g of Protein Per Serving**
- **Menu / Ala Carte**
- **Peanut / Tree Nut Free Facility**

CASE SPECS

cs/ct	80
case dimensions	19.9" L x 13.2" W x 9" H
case cube	1.3
case weight	13.5 lbs
cases per pallet	70
TiHi	7 x 10
shelf life	frozen: 12 months / ambient: 5 days
12 digit upc	091464184504
14 digit upc	10091464184501

SUGGESTED BID SPEC

Whole Grain GoodyMan Glazed Yeast Raised Pull-a-Part code/18450 80 – 2.5oz Frozen, Thaw and Serve individually wrapped yeast-raised Pull-a-Part. Must conform to USDA Child Nutrition Program specifications and meet 2oz grain equivalent. Must contain a minimum of 2 grams of fiber & 4 grams of protein. Total sugars not to exceed 8g per serving. Student preferred brand Super Bakery's Goodyman product #18450. Made with Whole Grain Flour. Made in the USA, Peanut / Tree nut Free Product. Product analysis required. Kosher: D

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE SHORTENING (INTERESTERIFIED SOYBEAN OIL), PALM OIL, YEAST, SOYBEAN OIL, SALT, CORN SYRUP, DEFATTED SOY FLOUR, WHEY, MONO-AND DIGLYCERIDES, WHEAT PROTEIN ISOLATE, CORN STARCH, GLYCERIN, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, PALM OIL (HYDROGENATED), YELLOW CORN FLOUR, NONFAT DRY MILK, SODIUM STEAROYL LACTYLATE, CALCIUM CARBONATE, AGAR, COLOR (EXTRACTS OF ANNATTO AND TURMERIC), NATURAL FLAVOR, MONOCALCIUM PHOSPHATE, EGGS.
CONTAINS: WHEAT, SOY, MILK AND EGGS.



James Harris