

MJM Super Wholesome All-Sports Bites-Vanilla

Nutritional Statement

MJM #514150



- ? Whole Grain
- ? Zero Trans Fat
- ? All Natural Flavors
- ? Low Sat Fat
- ? Low Sodium
- ? No Peanuts or Tree Nuts
- ? No Dairy
- ? No Preservatives
- ? Kosher
- ? SB12 Compliant
- ? 10% Iron
- ? Equals One Grain Grain component derived from wheat



Whole Grain (g)	9.32
	53%
Total Grain (g)	17.65

Meets the Criteria for Smart Snack Competitive Foods

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	393	110	kcal	
Calories From Fat	103	30	kcal	
Total Fat	11	3	g	5%
Saturated Fat	3	1	g	5%
Trans Fat	0	0	g	
Polyunsaturated Fat	4	1	g	
Monounsaturated Fat	2	1	g	
Cholesterol	0	0	mg	0%
Sodium	326	91	mg	4%
Potassium	178	50	mg	
Total Carbohydrate	69	19	g	6%
Dietary Fiber	5	1	g	4%
Sugars	23	6	g	
Protein	6	2	g	
Vitamin A	981	275	IU	6%
Vitamin C	12	3	mg	6%
Calcium	42	12	mg	2%
Iron	7	2	mg	10%
Vitamin B1 Thiamin	1	0	mg	14%
Vitamin B2 Riboflavin	1	0	mg	11%
Vitamin B3 Niacin	9	2	mg	12%

*% Daily Values based on 2,000 calorie diet

Contains: Wheat

HUSSC GOLD STANDARD APPROVED

ALL MJM Products Are Whole Grain & Meet New USDA Guidelines

INGREDIENTS:

Whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated soybean and cottonseed oil, high fructose corn syrup, natural vanilla flavor, salt, sodium bicarbonate, ammonium bicarbonate, monocalcium phosphate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828305141501	28 g/1 oz	150ct	8 x 7 HI	11x19x11	1.3	11.5 lbs	9.38 lbs

Each 1 oz package of this product satisfies USDA requirements for **ONE GRAIN** serving, as well as the FCS instruction for the Grains/Breads component requirement in the National School Lunch and School Breakfast Program.

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.

Helen Corey
Vice President
MJM Marketing

In compliance with USDA standards, all MJM products contain at least 51% whole grains, with the whole grain per serving greater than 8 grams. MJM products are nut-free & peanut-free, low in saturated fat, zero trans fat and zero cholesterol .