



AA GRAHAMS, BEAR VANILLA

Nutrition Facts

Serving Size: EACH

Serving per Container: 1

Amount Per Serving

Calories: 120

Calories from Fat 32

% Daily Value²

Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat ¹ 0.0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 20.0g	7%
Dietary Fiber 2.0g	8%
Sugars 6.0g	
Protein 1.0g	2%

Vitamin A 0%

Vitamin C 0%

Calcium 1%

Iron 11%



¹ - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

² - Percent Daily Values are based on a 2,000 calorie diet.

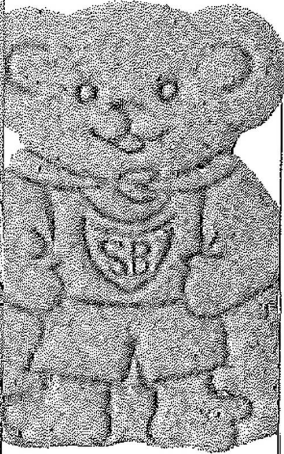
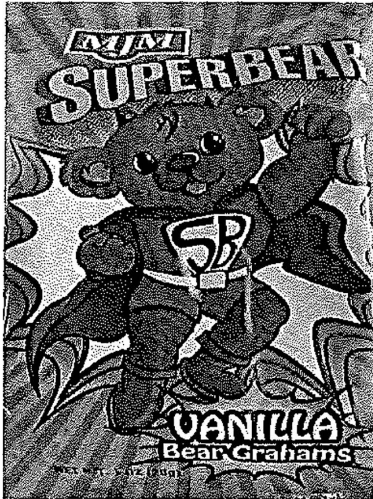
N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

Allergens

Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
NO	NO	NO	NO	NO	NO	NO	YES

YES = Present NO = Absent ? = Undefined

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



MJM Vanilla Bear Graham
 Nutritional Statement
 MJM #404001
 Smart Snack Approved

Nutrition Facts

1 servings per container
Serving size (28g)

Amount per serving
Calories **120**

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 2mg	10%
Potassium 48mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.2mg	15%
Niacin 2mg	15%

*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 Sat Fat
- ◆ Low Sodium
- ◆ 2g Fiber
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ 1 oz. Grain Equivalent

Whole Grain (g)	9.52	
Total Grain (g)	18.07	
(Derived from wheat)		

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Contains 2% Or Less Of: Dextrose, Modified Wheat Starch, Salt, Sodium Bicarbonate, Ammonium Bicarbonate, Monocalcium Phosphate, Corn Starch, Natural Butter Vanilla Flavor, 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
00682830404007	28 /1 oz	300 2	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	9.52	16	0.60
Enriched Flour	8.55	16	0.53
Total Creditable Grain Amount			1.13

Non-Creditable Grains (Not Included in totals above) 0.29g

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		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.

Helen Corey (800) 505-5080
 Vice President
 MJM Marketing

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