



MJM Super Wholesome Sunrise Bites-Maple

Nutritional Statement

MJM #570150

Meets Criteria for the Alliance for a Healthier Generation

Each package equals **1 GRAIN** exchange

NUTRITION DATA:	Per 100g	Per Serving 28g		% DV*
Calories	403	114	kcal	
Calories From Fat	106	30	kcal	
Total Fat	12	3.5	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	405	115	mg	5%
Potassium	184	52	mg	
Total Carbohydrate	71	20	g	7%
Dietary Fiber	5	1	g	6%
Sugars	24	7	g	
Protein	6	2	g	
Vitamin A	1053	298	IU	6%
Vitamin C	13	4	mg	6%
Calcium	42	12	mg	1%
Iron	7	2	mg	12%
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 and Soy



- ◆ Whole Grain
- ◆ Zero Trans Fat
- ◆ No High Fructose Corn Syrup
- ◆ All Natural Flavors
- ◆ Low Sat Fat
- ◆ Low Sodium
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ SB12 Compliant
- ◆ 12% Iron
- ◆ Equals One Grain



Whole Grain (g)	9.92
	56%
Total Grain (g)	17.77

Grain component derived from 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, dextrose, sodium bicarbonate, natural vanilla flavor, salt, maple flavor, monocalcium phosphate, soy lecithin, ammonium bicarbonate, added vitamins and iron (ascorbic acid, vitamin A palmitate, niacinamide, iron/electrolytic, riboflavin, thiamin mononitrate, maltodextrin as carrier).

UPC Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
06828305701507	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 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, low in saturated fat, zero trans fat and zero cholesterol.