

## Smart Snacks Product Calculator Results

Brand:  
**MJM**

Product Name:  
**Apple Cinnamon Bear Graham**

Serving Size:  
**28.00 g**

First Ingredient:  
**Whole Wheat Flour**

Your whole grain product meets all nutrient standards for entrees or snack foods.

✔ Your product is compliant!

## Nutrition Facts

Serving Size 28.00 g ⓘ

Servings Per Container ⓘ

Amount Per Serving

**Calories** 120

**Total Fat (g)** 3.5

Saturated Fat (g) 0.5

Trans Fat (g) 0

**Sodium (mg)** 100

**Carbohydrates**

Total Sugars (g) 7

Vitamin D (%) NA

Potassium (%) NA

Calcium (%) NA

Dietary Fiber (%) NA

*The person or group responsible for the point of sale to students on campus should verify a product's compliance and print their own Calculator results for documentation intended for compliance purposes. Results from this calculator have been determined by the USDA to be accurate in assessing product compliance with the Federal requirements for Smart Snacks in Schools provided the information is not misrepresented when entered into the Calculator.*

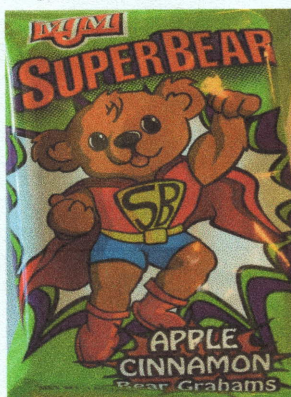


# MJM Apple Cinnamon Bear Graham

Nutritional Statement

MJM #403001

Smart Snack Approved



- ◆ Whole Grain
- ◆ Vegan
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ No Sesame
- ◆ Low Sodium
- ◆ 2g Fiber
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ 1 oz. Grain Equivalent

Whole Grain (g)
8.92
<b>53%</b>
Total Grain (g)
16.94

(Derived from wheat)



## Nutrition Facts

1 servings per container  
**Serving size** (28g)

Amount per serving  
**Calories** **120**

% Daily Value\*

<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 7g Added Sugars	<b>14%</b>

**Protein** 1g

Vitamin D 0mcg	<b>0%</b>
Calcium 16mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 47mg	<b>2%</b>
Thiamin 0.2mg	<b>15%</b>
Riboflavin 0.2mg	<b>15%</b>
Niacin 2mg	<b>15%</b>

\*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

**INGREDIENTS:** Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Soybean Oil, Cinnamon, Modified Wheat Starch, Salt, Sodium Bicarbonate, Natural Apple Flavor, Monocalcium Phosphate, Corn Starch, Added Vitamins and Iron (Ascorbic Acid, Vitamin A Palmitate, Niacinamide, Iron/Electrolytic, Riboflavin, Thiamin Mononitrate, Maltodextrin as Carrier), Annatto Extract, Natural Vanilla Flavor.

**Contains: Wheat**

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830403000	28g/1 oz	300/2	8 x 7 HI	19 x 11 x 10	1.3	21 lb	18.75 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	8.92	16	0.56
Enriched Flour	8.02	16	0.50
<b>Total Creditable Grain Amount</b>			<b>1</b>
Non-Creditable Grains (Not included in totals above)			0.28g

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	1	Group B	28g	<b>1 oz. equivalent</b>

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.

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**HUSSL GOLD STANDARD APPROVED**