INGREDIENT LABELING INFORMATION
WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, BROWN SUGAR,
CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL,
SALT, YEAST, CULTURED WHEAT FLOUR, CALCIUM SULFATE, ASCORBIC
ACID, ENZYMES, MONOCALCIUM PHOSPHATE, SOY FLOUR, SOY
LECITHIN.

CONTAINS: WHEAT & SOY

CLAIMS:
1 SERVING = 1 OZ EQ GRAIN
WHOLE GRAIN RICH
100% WHOLE WHEAT
16g OF WHOLE GRAINS PER SERVING

Nutrition Facts

Serving 1 Slice (31 g / 1.1 oz)

Calories 70
Total Fat 1 g 1%
Saturated Fat 0 g 0%
Trans Fat 0 g
Polyunsaturated Fat 0 g
Monounsaturated Fat 0 mg
Cholesterol 0 mg 0%
Sodium 120 mg 5%
Total Carbohydrate 14 g 5%
Dietary Fiber 2 g 7%
Total Sugars 1 g
Includes 1 g Added Sugars 3%
Protein 3 g

* 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.

The nutrition and ingredient information is accurate at the time of printing. This information is updated periodically. Please contact your Flowers representative if you have questions about this information.
School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

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### Formula Statement for Documenting Grains in School Meals

**Required Beginning SY 2013-2014**

(Crediting Standards Based on Grams of Creditable Grains)

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**Product Name:** K12SPEC WHEAT SAND 26.5OZ  
**Code No.:** 95933420

**Manufacturer:** FLOWERS FOODS  
**Serving Size:** 1 SLICE (31 g/ 1.1 oz)

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**I. Does the product meet the Whole Grain-Rich Criteria:** Yes X No

(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program.)

**II. Does the product contain non-creditable grains:** Yes X No

How many grams: 0.16

(Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.)

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**III. Use Policy Memorandum SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program:**

- Exhibit A to determine if the product fits into Groups A-G (baked goods), Group H (cereal grains) or Group I (RTE breakfast cereals).
- (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 16 grams creditable grain per oz eq; Group H uses the standard of 28 grams creditable grain per oz eq; and Group I is reported by volume or weight.)

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**Indicate to which Exhibit A Group (A-I) the Product Belongs:** B

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<table>
<thead>
<tr>
<th>Description of Creditable Grain Ingredient*</th>
<th>Grams of Creditable Grain Ingredient per Portion</th>
<th>Gram Standard of Creditable Grain per oz equivalent</th>
<th>Creditable Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHOLE GRAIN</td>
<td>16.36</td>
<td>16</td>
<td>1.00</td>
</tr>
<tr>
<td>ENRICHED GRAIN</td>
<td>0.00</td>
<td>16</td>
<td></td>
</tr>
</tbody>
</table>

Total Creditable Amount: 1.00

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Total weight (per portion) of product as purchased: 31 grams

Total contribution of product (per portion) oz equivalent: 1.00

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I certify that the above information is true and correct and that a 1.1 ounce portion of this product (ready for serving) provides 1.00 oz equivalent Grains. I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.

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**Signature:** Tracy Barnes  
**Title:** QA Labeling Analyst  
**Printed Name:** Tracy Barnes  
**Date:** 01/17/21  
**Phone Number:** 229-227-2015