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

MANUFACTURED ON SHARED EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING SESAME. MAY CONTAIN SESAME.

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

Nutrition Facts

24 Servings per container

Serving Size: 1 Slice (31 g / 1.1 oz)

Amount per serving

Calories 70

% Daily Value*

Total Fat 1g 1%
Saturated Fat 0g 0%
Trans Fat 0g
Polyunsaturated Fat 0g
Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 120mg 5%

Total Carbohydrate 14g 5%
Dietary Fiber 2g 7%
Total Sugars 1g
Includes 1g Added Sugars 3%

Protein 3g

Vitamin D 0mcg 0%
Calcium 30mg 2%
Iron 0.4mg 2%
Potassium 0mg 0%

* 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.

Calories per gram:
Fat 9 - Carbohydrate 4 - Protein 4

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.
Product Name: K12SPEC WHEAT SAND 26.5OZ

Manufacturer: FLOWERS FOODS

Serving Size: 1 SLICE (31 g / 1.1 oz)

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.)

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.)

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

<table>
<thead>
<tr>
<th>Description of Creditable Grain Ingredient*</th>
<th>Grams of Creditable Grain Ingredient per Portion¹</th>
<th>Gram Standard of Creditable Grain per oz equivalent²</th>
<th>Creditable Amount A ÷ B</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>0.00</td>
</tr>
<tr>
<td><strong>Total Creditable Amount</strong>²</td>
<td></td>
<td></td>
<td><strong>1.00</strong></td>
</tr>
</tbody>
</table>

¹Creditable grains are whole-grain meal/flour and enriched meal/flour.
²(Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.
³Standard grams of creditable grains from the corresponding Group in Exhibit A.
⁴Total Creditable Amount must be rounded down to the nearest quarter (0.25) oz eq. Do not round up.

Total weight (per portion) of product as purchased 31 grams
Total contribution of product (per portion) 1.00 oz equivalent

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.

Tracy Barnes
QA Labeling Analyst

Tracy Barnes 01/07/22 Tracy.Barnes@flocorp.com
Printed Name Date Phone Number