K-12 Spec 30 ct. 4” Hamburger Bun, Sliced

Material Number: 95933380

INGREDIENT LABELING INFORMATION
WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, YEAST, CULTURED WHEAT FLOUR, CALCIUM SULFATE, ENZYMES, ASCORBIC ACID, SOY FLOUR, SOY LECITHIN, MONOCALCIUM PHOSPHATE.

CONTAINS: WHEAT & SOY

CLAIMS:
1 SERVING = 2 OZ EQ GRAIN
WHOLE GRAIN RICH
51% WHOLE GRAIN
16g OF WHOLE GRAINS PER SERVING

Nutrition Facts

30 Servings per container
Serving 1 Bun (63 g / 2.2 oz)

Amount per serving

Calories 150

% Daily Value*  
Total Fat 1.5g 2%  
Saturated Fat 0g 0%  
Trans Fat 0g  
Polyunsaturated Fat 1g  
Monounsaturated Fat 0g  
Cholesterol 0mg 0%  
Sodium 240mg 11%  
Total Carbohydrate 30 11%  
Dietary Fiber 2g 8%  
Total Sugars 4g  
Includes 4g Added Sugars 8%  
Protein 7g  
Vitamin D 0.6mcg 2%  
Calcium 50mg 4%  
Iron 1.7mg 10%  
Potassium 110mg 2%  

* 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.

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60504-020419
605-020419

1919 FLOWERS CIRCLE, THOMASVILLE, GA 31757
Phone: 866-357-6225
Formula Statement for Documenting Grains in School Meals

Required Beginning SY 2013-2014
(Crediting Standards Based on Grams of Creditable Grains)

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.

Product Name: K12SPEC 30CT 4” HAM SL
Code No.: 9593380
Manufacturer: FLOWERS FOODS
Serving Size: 1 Bun (63 g/2.2 oz)

I. Does the product meet the Whole Grain-Rich Criteria: Yes X No (raw dough weight may be used to calculate creditable grain amount)
(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: 0.33
(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>Standard of Creditable Grain per oz equivalent²</th>
<th>Creditable Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>WHOLE GRAIN</td>
<td>16.83</td>
<td></td>
<td>2.06</td>
</tr>
<tr>
<td>ENRICHED GRAIN</td>
<td>16.17</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Total Creditable Amount³: 2.06

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.
³Total 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: 63 grams
Total contribution of product (per portion): 2.00 oz equivalent

I certify that the above information is true and correct and that a 2.2 ounce portion of this product (ready for serving) provides 2.00 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

Signature
Printed Name
Date
Phone Number

Tracy Barnes
01/17/21
229-227-2015