



# Nutrition Facts Panel Information

Net Wgt/Pkg (oz)

18

lbs	ozs
1	2

Nutrition Code #

1325

510 <= gms

BREAD, KNEAD FOR SEED CL (CBC)

Panel #

1

Nutr-Panel #

132501

Panel Approval Date

12/16/16

FDA Reference Amount (g)

50

Nutrition Panel Claim

11 grams of whole grain per serving

Panel Comments

## Nutrition Facts

---

12 Servings per container  
 Serving Size 1 Slice (43 g/ 1.5 oz)

---

Amount per serving

# Calories

# 120

---

		% DAILY VALUE *
<b>Total Fat</b>	2.5 g	3 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat	1.5 g	
Monounsaturated Fat	1 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	190 mg	8 %
<b>Total Carbohydrate</b>	21 g	8 %
Dietary Fiber	2 g	8 %
Total Sugars	4 g	
Includes	4 g Added Sugars	9 %
<b>Protein</b>	5 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	0 mg	0 %
<b>Iron</b>	1.3 mg	6 %
<b>Potassium</b>	0 mg	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.

\*\*\*\*\* Please note this is not a camera ready format \*\*\*\*\*

Current	Replaces
12/16/16	02/18/15

# FLOWERS FOODS

## Ingredient Statement

Nutrn Code: 1325

Product: BREAD, KNEAD FOR SEED OVAL (CBC)

LIST ORDER	INGREDIENT LABELING INFORMATION
1	WATER
2	WHOLE WHEAT FLOUR
3	UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID)
4	SUGAR
5	YEAST
6	WHEAT GLUTEN
7	SUNFLOWER NUTMEAT
	CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING:
8	FLAX SEED
9	SALT
10	MOLASSES
11	SOYBEAN OIL
12	ROLLED OATS
13	BARLEY FLAKES
14	WHOLE RYE FLOUR
15	SUNFLOWER SEED KERNELS
16	ROLLED WHEAT
17	WHOLE GRAIN TRITICALE FLOUR
18	SUNFLOWER SEED
19	WHEAT BRAN
20	CORN GRITS
21	SESAME SEEDS
22	TRITICALE FLAKES
23	RYE NUGGETS
24	HULLED WHOLE MILLET
25	SODIUM STEAROYL LACTYLATE
26	BROWN RICE FLOUR
27	RYE MEAL
28	WHOLE FLAX SEED
29	MONOGLYCERIDES
30	WHOLE SORGUM FLOUR
31	WHOLE SPELT FLOUR (WHEAT)
32	WHOLE AMARANTH FLOUR
33	WHOLE BROWN RICE FLOUR
34	WHOLE BUCKWHEAT FLOUR
35	WHOLE KHORASAN WHEAT FLOUR
36	WHOLE MILLED YELLOW CORN
37	BUCKWHEAT FLOUR
38	MONOCALCIUM PHOSPHATE
39	ORGANIC TOASTED AMARANTH FLOUR
40	ASCORBIC ACID
41	SOY LECITHIN
42	ENZYMES
43	CALCIUM CARBONATE
44	SOY FLOUR
45	CALCIUM PROPIONATE (TO RETARD SPOILAGE)
46	TOPPED WITH ROLLED WHEAT, FLAX SEED, SESAME SEED, ROLLED OATS, SUNFLOWER SEEDS, HULLED MILLET.



# 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: CBC KND FOR SEED OVL 18 OZ Code No.: 10390330

Manufacturer: FLOWERS FOODS Serving Size 1 Slice (46 g/ 1.6 oz)  
(raw dough weight may be used to calculate creditable grain amount)

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

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion <sup>1</sup>	Gram Standard of Creditable Grain per oz equivalent <sup>2</sup>	Creditable Amount
	A	B	A ÷ B
WHOLE GRAIN	12.46	16	1.42
ENRICHED GRAIN	10.24	16	
			1.42
<b>Total Creditable Amount<sup>3</sup></b>			<b>1.25</b>

\*Creditable grains are whole-grain meal/flour and enriched meal/flour.

<sup>1</sup>(Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.

<sup>2</sup>Standard grams of creditable grains from the corresponding Group in Exhibit A.

<sup>3</sup>Total 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 46 grams

Total contribution of product (per portion) 1.25 oz equivalent

I certify that the above information is true and correct and that a 1.6 ounce portion of this product (ready for serving) provides 1.25 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 Osgatharp

Signature

QA Labeling Associate

Title

Tracy Osgatharp

Printed Name

06/05/17

Date

229 227-2015

Phone Number