



MJM Savory Wheat Cracker 2 oz Grain
Nutritional Statement
MJM #781100

Each package equals 2 oz GRAIN equivalent

Nutrition Facts

1 servings per container
Serving size (45g)

Amount per serving
Calories 170

% Daily Value*

Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	16%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%

Protein 3g

Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 8mg	45%
Potassium 128mg	2%
Thiamin 0.9mg	80%
Riboflavin 0.7mg	50%
Niacin 8mg	50%

*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

- ◆ Whole Grain
- ◆ Good Source of Fiber
- ◆ Zero Trans Fat
- ◆ All Natural Flavors
- ◆ No High Fructose Corn Syrup
- ◆ No Peanuts or Tree Nuts
- ◆ No Dairy
- ◆ No Preservatives
- ◆ Kosher
- ◆ 2 oz. Grain Eq.

Whole Grain (g)	24.39	
Total Grain (g)	33.45	
(Derived from wheat)		

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Soybean Oil, Sugar, Salt, Sodium Bicarbonate, Malt Syrup, Onion Powder, Molasses, Honey, Ammonium Bicarbonate, Citric Acid, Cream of Tartar (Potassium Bitartrate), Sodium Acid Pyrophosphate, Natural Honey Flavor, Garlic Powder.

Contains: Wheat

GTIN Code	Serving Size	Case/Pk	Ti-Hi	Case Dimension	Case Cube	Gross Wt	Net Wt
00682830781108	45g/2 oz eq	100ct	8 x 7 HI	19 x 11 x 11	1.3	12 lb	10 lb

Each package of this product meets USDA requirements for a 2 oz. GRAIN equivalent

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	24.39	16	1.52			
Enriched Flour	9.06	16	0.57			
Total Creditable Grain Amount			2			
Non-Creditable Grains (Not included in totals above)			0g			
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
Savory Cracker	45g	22g	2	Group A	45g	2 oz. equivalent

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.

Helen Corey (800) 505-5080
Vice President
MJM Marketing

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