



GENERAL MILLS
BAKERIES & FOODSERVICE

16000-11943
Golden Grahams
Self-Serve Bowl
NET WT 1 OZ (28g)

Printed: 02/24/2014



Ingredients:

Whole Grain Wheat, Sugar, Corn Meal, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Trisodium Phosphate, Artificial Flavor. BHT Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (riboflavin), Vitamin B1 (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B12, Vitamin D3.

CONTAINS WHEAT INGREDIENTS.

Nutrition Facts	
Serving Size 1 bowl (28g) (3/4 cup)	
Amount Per Serving	
Calories	110
Calories from Fat	10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Potassium 55mg	2%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 1g	
Vitamin A 8%	Vitamin C 8%
Calcium 8%	Iron 20%
Vitamin D 8%	Thiamin 20%
Riboflavin 20%	Niacin 20%
Vitamin B6 20%	Folic Acid 20%
Vitamin B12 20%	Zinc 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Nutrition Information	
100g	
Amount Per Serving	
Calories	387.1
Calories from Fat	32.3
Total Fat	4.2 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Cholesterol	0.0 mg
Sodium	774.2 mg
Potassium	225.8 mg
Total Carbohydrate	87.1 g
Dietary Fiber	5.6 g
Sugars	32.3 g
Protein	6.5 g
Vitamin A 1612.9 IU	Vitamin C 19.4 mg
Calcium 322.6 mg	Iron 14.5 mg
Vitamin D 129.0 IU	Thiamin 1.2 mg
Riboflavin 1.4 mg	Niacin 16.1 mg
Vitamin B6 1612.9 mcg	Folic Acid 322.6 mcg
Vitamin B12 4.8 mcg	Zinc 12.1 mg

CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ EQ GRAIN

The most accurate label information for package contents will always be on the product label. This product profile is correct through the date above. Because product formulations and related product attributes may change, this information is subject to change.

QUESTIONS? Call 1-800-767-5404
GENERAL MILLS * P.O. Box 200 - FS * MINNEAPOLIS, MINNESOTA 55440

I certify that the information contained in this document is true and correct as of the date above. Seema Chopra - General Mills Product Labeling



GENERAL MILLS

Formulation Statement for Documenting Grains in School Meals
Required Beginning SY 2013-2014
(Crediting Standards Based on Revised Exhibit A
weights per oz equivalent)

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: Golden Grahams @ Bowlpak Code No.: 16000-11943

Manufacturer: General Mills, Inc. Serving Size 1.0 (28g)
(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 No How many grams:
(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). Indicate to which Exhibit A Group (A-I) the Product Belongs: I

Table with 4 columns: Description of Product per Food Buying Guide, Portion Size of Product as Purchased (A), Weight of one ounce equivalent as listed in SP 30-2012 (B), and Creditable Amount (A ÷ B). Row 1: Ready to Eat Cereal, 28g, 28g, 28g ÷ 28g = 1.0. Row 2: Total Creditable Amount, 1.00.

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 1.00 (28g)
Total contribution of product (per portion) 1.00 oz equivalent

I further certify that the above information is true and correct and that a 28g/1.00 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 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.

Signature: Rose Tobelmann
Printed Name: Rose Tobelmann, MS, RD

Director Title
Date: 8/6/2013
Phone Number: 1-800-767-5404



2626 2nd Street NE,
 Minneapolis, MN
 55418 USA
 612 789 8514
 schawki.com

Operator: pr: Bels / Time: 02-13-13 16:09 Job # Name: 0940483 Project: 7062561 Item: 2548822103 Printer: GM APC Rochester, NY PlateCode: 9 A Die: P1-RD-42644 A4 BPC: W 1800311943 Size: 100% PWB: 005 ECR: NA 11 Color: 1296844 Job No.: 79

DIRECTION OF TRAVEL



SELF-SERVE BOWL

Nutrition Facts
 Serving Size 1 bowl (28g) (1/2 cup)

Amount Per Serving	
Calories 110	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
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Potassium 55mg	2%
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Sugars 9g	
Protein 1g	
Vitamin A 8%	Vitamin C 8%
Calcium 8%	Iron 20%
Vitamin D 8%	Niacin 20%
Folate 20%	Niacin 20%
Vitamin B₆ 20%	Folic Acid 20%
Vitamin B₁₂ 20%	Zinc 20%

Ingredients: Whole Grain Wheat, Sugar, Corn Meal, Brown Sugar Syrup, Canola and/or Rice Bran Oil, Dextrose, Baking Soda, Salt, Trisodium Phosphate, Artificial Flavor, BHT Added to Preserve Freshness, Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), Vitamin C (ascorbic acid), A B Vitamin (ascorbate), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cobalamin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₂, Vitamin D₂.

CONTAINS WHEAT INGREDIENTS.
 DISTRIBUTED BY GENERAL MILLS SALES, INC., MINNEAPOLIS, MN 55440 USA
 CHILD NUTRITION PROGRAM: 1 BOWL = 1 OZ OF GRAIN
COMMENTS? SAVE ENTIRE PACKAGE. CALL 1-800-767-6404
 © 2013 General Mills. 3548822103
 May be only under U.S. Pat. No. 7,859,961

NET WT 1 OZ (28g)



SELF-SERVE BOWL

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Calcium 8%	Iron 20%
Vitamin D 8%	Niacin 20%
Folate 20%	Niacin 20%
Vitamin B₆ 20%	Folic Acid 20%
Vitamin B₁₂ 20%	Zinc 20%

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NET WT 1 OZ (28g)

4.400 CUTOFF

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4.375

8.750 ROLL WIDTH

4.375

P1-RD-42644 REV NO.4 (07-24-2009) SQUARE LIDSTOCK FOR FSD BOWL PACK CEREALS
 DRAWN BY: PETE ULSTROM DATE: 02-17-2000
 SENT: 07-28-2009



1.4375"

16.5625"

13.3125"

16.625"

13.25"

61.1875"

6.6875"

26.75"
13.375"

6.6875"

<p>96 - 1 OZ (28g) CONTAINERS General Mills Golden Grahams BOWL PAK 11943 1 GMI0011943 000</p>	<p>96 - 1 OZ (28g) CONTAINERS General Mills Golden Grahams BOWL PAK 11943 1 GMI0011943 000</p>	<p>96 - 1 OZ (28g) CONTAINERS General Mills Golden Grahams BOWL PAK 11943 1 GMI0011943 000</p>	<p>96 - 1 OZ (28g) CONTAINERS General Mills Golden Grahams BOWL PAK 11943 1 GMI0011943 000</p>
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EMAIL: whitebearlake@containergraphics.com

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14-483497-3 OCTOBER 2013 GENERAL MILLS FS CD-2221 GMI DATE (5/7/2001) 3441688101 GOLDEN GRAHAMS BOWL PAK BLACK