



**Waffles**  
**Made with Whole Grain**  
**#43577**  
**1.39 oz. per waffle**

**INGREDIENTS:** WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHEY, HIGH FRUCTOSE CORN SYRUP, SOYBEAN OIL, SUGAR, WHOLE EGGS. CONTAINS 2% OR LESS OF: LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), SALT, NATURAL FLAVOR, SOY FLOUR (SOY FLOUR, SOYBEAN OIL, SOY LECITHIN).  
**CONTAINS:** WHEAT, EGGS, MILK, SOY

<b>Nutrition Facts</b>	
Serving Size 2 waffles (79g) Servings per Container 72	
Amount Per Serving	2 waffles 1 waffle
Calories	200 100
Calories from Fat	50 25
	% Daily Value*
Total Fat 6g	9% 5%
Saturated Fat 1g	5% 0%
Trans Fat 0g	
Cholesterol less than 5mg	0% 0%
Sodium 490mg	20% 10%
Total Carbohydrate 32g	11% 5%
Dietary Fiber 3g	12% 4%
Sugars 4g	
Protein 5g	
Vitamin A	0% 0%
Vitamin C	0% 0%
Calcium	10% 4%
Iron	20% 10%
Thiamin	20% 10%
Riboflavin	20% 10%
Niacin	15% 8%
Vitamin B6	25% 10%
Folate	8% 4%
Vitamin B12	25% 10%
Phosphorus	20% 10%

\*Percent (%) Daily Values are based on a 2,000 calorie diet.

**Grain oz. eq. Crediting**

Grams of Creditable Grains per Waffle: **14.97g**  
 Grams of Non-Creditable Grains: **0g**

14.97 divided by 16g = 0.9356 rounded down to nearest quarter = **0.75 Grain oz. eq. for 1 Waffle**

14.97 x 2 = 29.94 divided by 16g = 1.8712 rounded down to nearest quarter = **1.75 Grain oz. eq. for 2 Waffles**

14.97 x 3 = 44.91 divided by 16g = 2.8068 rounded down to nearest quarter = **2.75 Grain oz. eq. for 3 Waffles**

**Whole Grain Rich Qualification**

Grams of Whole Grains per Waffle: **8.05g**

Percent of Grains that are Whole Grains = **53.8%**

Is Whole Grain listed 1<sup>st</sup> on ingredient statement? **Yes**

**Does this product qualify as Whole Grain Rich in accordance with USDA Policy Memo SP 30-2012? Yes**

I certify that above information is true and correct in accordance with the standards set forth in the Food Buying Guide for Child Nutrition Programs and USDA Memo SP 30-2012 issued April 26, 2012.

*Dana A. Hill*

Dana Hill  
 Director of Regulatory Affairs  
 June 12, 2013

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