



Pancakes
Made with Whole Grain
#43582
1.14 oz. per pancake

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**

Nutrition Facts		
Serving Size 3 Pancakes (97g)		
Servings per Container 48		
Amount Per Serving	3 Pancakes	1 Pancake
Calories	240	80
Calories from Fat	50	20
	% Daily Value*	
Total Fat 6g	9%	3%
Saturated Fat 1g	5%	0%
Trans Fat 0g		
Cholesterol 10mg	3%	0%
Sodium 390mg	16%	5%
Total Carbohydrate 41g	14%	5%
Dietary Fiber 3g	12%	0%
Sugars 10g		
Protein 5g		
Vitamin A	0%	0%
Vitamin C	0%	0%
Calcium	4%	0%
Iron	8%	2%

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

Grain oz. eq. Crediting

Grams of Creditable Grains per Pancake: **12.06g**

Grams of Non-Creditable Grains: **0g**

12.06 divided by 16g = 0.7537 rounded down to nearest quarter = **0.75 Grain oz. eq. for 1 Pancake**

12.06 x 2 = 24.12 divided by 16g = 1.5075 rounded down to nearest quarter = **1.5 Grain oz. eq. for 2 Pancakes**

12.06 x 3 = 36.18 divided by 16g = 2.2612 rounded down to nearest quarter = **2.25 Grain oz. eq. for 3 Pancakes**

Whole Grain Rich Qualification

Grams of Whole Grains: **6.17g**

Percent of Grains that are Whole Grains = **51.2%**

Is Whole Grain listed 1st 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

121 Woodcrest Road, Cherry Hill, NJ 08003

1-866-816-7313