



baked for schools



2 oz. Whole Grain English Muffin

Material Number: 99807890

Pack: 6/12pk

Gross Weight: 12.00 lbs.

Net Weight: 10.80 lbs.

Cube: 0.71

Case Dimensions: 15.75" X 11.50" X 6.75"

Cases per layer: TI 10

Layers per Pallet: HI 9

Cases per Pallet: 90

Frozen Shelf Life: 270 days

Shelf Life after Thaw: 5-7 days

UPC Code: 0-00-70210-07890-8

INGREDIENT LABELING INFORMATION

WATER, WHOLE WHEAT FLOUR, UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), ORGANIC YELLOW CORN MEAL, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SUGAR, WHEAT GLUTEN, SALT, CANE SUGAR, ORGANIC CULTURED WHEAT FLOUR, CULTURED WHEAT FLOUR, SOYBEAN OIL, PREGELATINIZED WHEAT STARCH, CITRIC ACID, ORGANIC VINEGAR, ENZYMES, ASCORBIC ACID.

CONTAINS: WHEAT.

MANUFACTURED ON SHARED EQUIPMENT THAT ALSO PROCESSES PRODUCTS CONTAINING SESAME. MAY CONTAIN SESAME.

CLAIMS:

1 SERVING = 2 CN (16 g) BREAD SERVINGS

51% WHOLE GRAIN

WHOLE GRAIN RICH

17 g OF WHOLE GRAINS PER SERVING

NO HIGH FRUCTOSE CORN SYRUP

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66801-090220

668-030722

Nutrition Facts

12 Servings per container

Serving 1 Muffin (68 g / 2.4 oz)

Amount per serving

Calories 150

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 0g

Cholesterol 0mg 0%

Sodium 270mg 12%

Total Carbohydrate 31g 11%

Dietary Fiber 2g 8%

Total Sugars 2g

Includes 2g Added Sugars 4%

Protein 5g

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1.5mg 8%

Potassium 90mg 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.

Calories per gram:

Fat 9 - Carbohydrate 4 - Protein 4

The nutrition and ingredient information is accurate at the time of printing. This information is updated periodically. Please contact your Flowers representative if you have questions about this information.



Formula Statement for Documenting Grains in School Meals

(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: FSPL B4S WG ENGLISH MUFFIN 6/12 PK Code No.: 99807890

Manufacturer: FLOWERS BAKERIES Serving Size 1 Muffin (68 g/ 2.4 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: 0.00
(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 ¹	Gram Standard of Creditable Grain per oz equivalent ²	Creditable Amount
	A	B	A ÷ B
WHOLE GRAIN	17.16	16	2.06
ENRICHED GRAIN	15.84	16	
			2.06
Total Creditable Amount ³			2.00

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

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

² Standard grams of creditable grains from the corresponding Group in Exhibit A.

³ 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 68 grams
Total contribution of product (per portion) 2.00 oz equivalent

We certify that the above information is true and correct and that a 2.4 ounce portion of this product (ready for serving) provides 2.00 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.

Flowers Bakeries
Company Name

07/01/25
Date