Nature's Own

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

Created: 06/30/2025
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.

Flowers BAKERIES

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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] A	Gram Standard of Creditable Grain per oz equivalent[2] B	Creditable Amount A ÷ B
WHOLE GRAIN	17.16	16	
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 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

66801