




Sky Blue Foods

120 Bowles Road
Agawam MA, 01001
P: 1.818.713.1946
F: 1.818.713.1947
www.skybluefoods.net

Whole Grain Simply Apple Mini Muffin Code Number : WMAPL196

MEAL PATTERN CONTRIBUTION		
PACK SIZE: 96 ct. Individually Wrapped		
PORTION SIZE: 1.6 oz. / 45 g.		
10.6 g of Whole Grains and 5.45 g of Enriched Grains Per 1.6 oz Serving.		
Ingredient	Type	Serving
Whole Wheat Flour	Bread / Muffin	1.6 oz.
<p>I certify that this information is true and correct according to USDA "Nutrition Standards in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP)" This product contains ONE (1) OZ EQ (OUNCE EQUIVALENCY) GRAIN requirement for the "Nutrition Standards in the National School Lunch and School Breakfast Programs".</p>		
 Debra Hartmann - Quality Assurance		
SY 2014-2015		
6/24/2014 Updated		

NUTRITION FACTS		
Serving Size: 1.6 oz.		
Amount per Serving		
Calories	130	Calories From Fat: 35
% Daily Value		
Total Fat	3.5 g	5%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	140 mg	6%
Total Carbohydrate	22 g	7%
Dietary Fiber	1 g	4%
Sugars	10 g	
Protein	3 g	
Vitamin A	0%	Vitamin C 0%
Calcium	0%	Iron 4%

* Percent daily values are based on 2,000 calorie diet.

Your daily values may be higher or lower, depending on your calorie needs.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FROZEN DICED APPLES, EGGS, SOYBEAN OIL, NONFAT DRY MILK, WHEAT FIBER, WHEY SOLIDS, SALT, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, BAKING SODA, MONO- AND DIGLYCERIDES, CORN STARCH, CITRIC ACID, CINNAMON, MONOCALCIUM PHOSPHATE, XANTHAN GUM, NATURAL FLAVOR.

ALLERGY INFORMATION: CONTAINS WHEAT, EGGS, SOYBEAN, MILK.
PRODUCED IN A PEANUT FREE FACILITY

SHELF LIFE: 12 months at 10 ° F or lower (frozen); 3 days at room temperature.

HEATING INSTRUCTIONS:
(Always heat from a thawed state)
Any one of the following can be used:
* 200 ° F oven 4-5 min. from thawed state
* Bread Warmer for 8-10 minutes
* Food warmer at 130 °F for up to 1 hour