



**FORMULATION STATEMENT**  
For Documenting Grains in School Meals

**Pancakes Made with Whole Grain**  
**#43582**  
**1.14 oz. per pancake**  
**Case: 12/12ct, 10.3lbs net weight**

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

Contains: WHEAT, EGGS, SOY

<b>Nutrition Facts</b>			
Serving Size 3 Pancakes (97g)			
Servings per Container 48			
Amount Per Serving	3 Pancakes	1 Pancake	
Calories	230	70	
Calories from Fat	50	20	
% Daily Value*			
Total Fat 6g*, 2g	9%	3%	
Saturated Fat 1g, 0g	5%	0%	
Trans Fat 0g			
Cholesterol 10mg, <5mg	3%	0%	
Sodium 330mg, 110mg	14%	5%	
Total Carbohydrate 41g, 14g	14%	5%	
Dietary Fiber 3g, 1g	12%	4%	
Sugars 5g, 2g			
Protein 5g, 2g			
Vitamin A	0%	0%	
Vitamin C	0%	0%	
Calcium	0%	0%	
Iron	10%	4%	
Not a significant source of: Trans Fat, Vitamin A, Vitamin C, and Calcium			
*Percent (%) Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,600mg	3,600mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4			

**I. Meets Whole Grain Rich Criteria:**

Contains: **8.17g** whole grain wheat flour per 1.14oz pancake  
**51.1%** whole grain

Whole Grain is listed first on the ingredient statement  
Contains at least **8 grams** whole grain/oz eq. grain

**II. Non-Creditable Grains:**

Contains less than 3.99g non creditable grains from all sources.

**III. Total Creditable Amount:**

Grams of Creditable Grains per pancake: **16g**  
16 grams grain/oz. eq. grains

One pancake = **1.0 oz. eq. grains** based on grain content

**Group C** 1.2 oz /oz eq. grains

One pancake (1.14oz or 32g) = **0.75 oz. eq. grains** based on Exhibit A

**“Smart Snack” Compliant**

Two pancakes may be served a la carte any day. Two pancakes contain 140 calories, 28% calories from fat, 6% calories from saturated fat, 0 trans fat, 220mg sodium, 6% sugar by weight.

I attest that the above information is true and correct in accordance with the National School Lunch and Breakfast Program Regulations (published 1/26/12), the Food Buying Guide for Child Nutrition Programs and USDA grains memo SP 30-2012 issued April 26, 2012.

  
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Dana Hill  
Director of Regulatory Affairs  
October 3, 2014

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