

# School Food Enterprises

P.O. Box 99004 South Jordan, Utah 84095 Tel: 827-7430

School Food Item: # 5861

## 100% WHOLE WHEAT ENGLISH MUFFIN

<b>Nutrition Facts</b>	
Serving Size 1 English Muffin (57g)	
Amount Per Serving	
<b>Calories 110</b>	<b>Calories from Fat 10</b>
% Daily Value*	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 270mg</b>	<b>11%</b>
<b>Total Carbohydrate 22g</b>	<b>7%</b>
Dietary Fiber 3g	12%
Sugars 3g	
<b>Protein 4g</b>	
Vitamin A 0%	Vitamin C 2%
Calcium 4%	Iron 6%

\*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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, YEAST, HONEY, CORNMEAL, CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, DEXTROSE, CALCIUM PROPIONATE, SUGARCANE MOLASSES, SALT, BAKING POWDER (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, CORNSTARCH, MONOCALCIUM PHOSPHATE), DISTILLED VINEGAR, SOYBEAN OIL, FUMARIC ACID, HYDROGENATED SOYBEAN OIL, MONOGLYCERIDES, PROPIONIC ACID, PHOSPHORIC ACID, CALCIUM SULFATE, ASCORBIC ACID, ENZYMES, CALCIUM PHOSPHATE, POTASSIUM SORBATE, MINERAL OIL (PROCESSING AID), NON-FAT DRY MILK.

CONTAINS: WHEAT, MILK

57/28 = Grains/Bread servings  
 (Rounded down to nearest 1/4) **2.0**  
 case contains 24; 6 packs (144 Muffins)

**NET WT 18 LBS**

Distributed by: School Food Enterprises, Utah Corp.