
 <b>Malt-O-Meal® Brand Foodservice Products</b>	Version	Made with Whole Grains	Nutrition Specifications <span style="float: right;">REVISED 04/23/10</span>																																		
			Shelf Life	Allergens present	Kosher	Serving Size					Per Serving																										
						reported in months	ounces	grams	measure	calories	carbohydrate exch.	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	potassium (mg)	total carbohydrate (g)	total dietary fiber (g)	sugars (g)	protein (g)	vitamin A (IU)	vitamin C (mg)	calcium (mg)	iron (mg)	vitamin D (IU)	thiamin (mg)	riboflavin (mg)	niacin (mg)	vitamin B6 (mg)	folate (mg)	vitamin B12 (mcg)	phosphorus (mg)	magnesium (mg)	zinc (mg)	copper (mg)
Crispy Rice	9.0		0	12	none	Pareve	1.1	33	1¼ cup	130	2.0	0	0	0	0	0	300	40	29	0	3	2	500	6	0	9.0	40	0.37	0.42	5	0.5	0.4	1.5	40	8	3.7	0.08
Frosted Flakes	3.5		0	12	wheat, soy	Pareve	1.1	31	¾ cup	120	2.0	0	0	0	0	180	20	28	1	12	2	750	15	0	4.5	40	0.75	0.85	10	1.0	0.1	1.5	--	--	--	--	
Frosted Mini Spooners®	4.0	X	44	12	wheat, soy	No	2.0	55	1 cup	190	3.0	10	1	0	0	10	180	45	6	11	5	0	0	0	16.2	--	0.37	0.42	5	0.5	0.4	1.5	150	60	3.7	0.20	
Fruity Dyno-Bites®	1.3		0	12	none	Pareve	0.9	27	¾ cup	110	1.5	5	0.5	0	0	170	20	24	0	11	1	750	0	0	1.8	40	0.37	0.42	5	0.5	0.1	1.5	--	--	1.5	--	
Golden Puffs®	7.0		0	12	wheat, soy	Pareve	0.9	27	¾ cup	110	1.5	0	0	0	0	65	45	24	0	15	2	500	6	0	1.8	40	0.37	0.42	5	0.5	0.2	1.5	40	16	1.5	0.04	
Honey Nut Scooters®	4.0	X	12	10	wheat, soy	Pareve	1.0	30	1 cup	110	1.5	10	1.5	0	0	210	125	24	2	10	2	500	6	100	9.0	40	0.37	0.42	5	0.5	0.2	1.5	100	--	3.7	--	
Honey Buzzers®	2.0		5	12	wheat, soy	Pareve	1.0	29	1/3 cup	110	2.0	5	0.5	0	0	220	35	26	1	11	1	500	6	0	9.0	40	0.37	0.42	5	0.5	0.2	1.5	20	8	3.7	--	
Honey Graham Squares®	4.0		7	10	wheat, milk, soy	Dairy	1.0	30	¾ cup	130	1.5	25	3.0	0.5	0	270	50	25	1	10	1	500	6	100	9.0	40	0.37	0.42	5	0.5	0.2	1.5	100	8	3.7	--	
Honey and Oat Blenders®	3.1	X	10	12	almonds, wheat, milk, soy	Dairy	1.0	30	¾ cup	120	1.5	15	1.5	0	0	150	60	25	1	6	2	500	6	0	9.0	40	0.37	0.42	5	0.5	0.2	1.5	40	8	3.7	0.04	
Honey and Oat Blenders with Almonds®	3.1	X	10	12	almonds, wheat, milk, soy	Dairy	1.0	30	¾ cup	120	1.5	15	1.5	0	0	150	60	25	1	6	2	500	6	0	9.0	40	0.37	0.42	5	0.5	0.2	1.5	40	8	3.7	0.04	
Marshmallow Mateys®	4.0	X	13	9	wheat, soy	No	1.0	30	1 cup	120	1.5	10	1.0	0	0	200	60	25	1	13	2	500	6	100	9.0	40	0.37	0.42	5	0.5	0.2	1.5	--	--	3.7	--	
Raisin Bran	5.0	X	28	12	wheat, soy	Pareve	2.1	59	1 cup	220	3.0	10	1.5	0	0	340	380	49	6	24	5	500	0	20	9.0	40	0.37	0.42	5	0.5	0.2	1.5	250	80	3.7	0.30	
Toasty O's®	8.0	X	18	8	wheat, soy	Pareve	1.0	30	1 cup	120	1.5	15	2.0	0	0	140	180	22	3	1	4	500	6	100	14.4	40	0.37	0.59	7	0.5	0.2	1.5	150	32	5.2	0.08	
Tootie Fruities®	7.0		5	12	wheat, soy	Pareve	1.1	32	1 cup	130	2.0	10	1.0	0	0	150	35	28	1	15	2	500	6	100	9.0	40	0.37	0.42	5	0.5	0.2	1.5	20	8	3.7	--	

 <b>Malt-O-Meal® Brand Foodservice Products</b>	Version	Made with Whole Grains	> 8g whole grain content	Nutrition Specifications <span style="float: right;">REVISED 04/23/10</span>																																
				Shelf Life	Allergens present	Kosher	Serving Size				Per Serving																									
				reported in months			ounces	grams	measure	calories	carbohydrate exch.	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	potassium (mg)	total carbohydrate (g)	total dietary fiber (g)	sugars (g)	protein (g)	vitamin A (IU)	vitamin C (mg)	calcium (mg)	iron (mg)	vitamin D (IU)	thiamin (mg)	riboflavin (mg)	niacin (mg)	vitamin B6 (mg)	folate (mg)	vitamin B12 (mcg)	phosphorus (mg)	magnesium (mg)	zinc (mg)
<b>Hot Wheat Cereals</b>																																				
Chocolate flavor	4.1		0	15	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	0	0	0	0	0	85	27	1	7	4	0	0	100	10.8	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Maple Brown Sugar flavor	5.2		0	15	wheat, soy	Pareve	1.5	45	3T dry	170	2.5	0	0	0	0	0	65	37	1	13	4	0	0	100	10.8	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Original	4.1		0	24	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	5	0.5	0	0	0	40	27	1	0	5	0	0	100	10.8	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Farina	4.1		0	24	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	0	0	0	0	0	35	27	1	0	4	0	0	100	10.8	--	0.37	0.25	5	0.4	0.4	--	60	--	--	--
Natural Farina	1.0		0	24	wheat, soy	Pareve	1.2	35	3T dry	130	2.0	0	0	0	0	0	35	27	1	0	4	0	0	100	10.8	--	0.07	0	0	0	0	--	60	--	--	--
Farina Mills	1.0SS		0	24	wheat, soy	Pareve	1.1	33	3T dry	120	2.0	0	0	0	0	0	30	26	<1	0	3	0	0	100	9.0	--	0.15	0.10	1.2	--	0.06	--	--	--	--	

<b>Oatmeal Products</b>																																					
Instant Variety Pack:																																					
-Regular Flavor Instant Oatmeal	2.1	X	28	18	none	Pareve	1.0	28	1 packet	100	1.0	15	2.0	0.0	0	0	90	--	19	3	0	4	1000	0	100	8.1	--	0.30	0.34	4	0.4	0.08	--	100	--	--	--
-Maple & Brown Sugar Oatmeal	2.3	X	28	18	milk	Dairy	1.5	43	1 packet	160	2.0	20	2.0	0.0	0	0	240	--	33	3	13	4	1000	0	100	3.6	--	0.30	0.34	4	0.4	0.08	--	100	--	--	--
-Apples & Cinnamon Oatmeal	3.2	X	20	18	none	Pareve	1.2	35	1 packet	130	2.0	15	1.5	0.0	0	0	170	--	27	3	11	3	1000	0	100	3.6	--	0.30	0.34	4	0.4	0.08	--	100	--	--	--
Oatmeal - HeartyTraditions Quick	2.1	X	40	18	none	Pareve	1.4	40	1/2 cup dry	150	2.0	25	3.0	0.5	0	0	--	27	4	<1	5	0	0	0	1.8	--	--	--	--	--	--	--	--	--	--	--	
Oatmeal - HeartyTraditions Old Fashioned	2.1	X	40	18	none	Pareve	1.4	40	1/2 cup dry	150	2.0	25	3.0	0.5	0	0	--	27	4	<1	5	0	0	0	1.8	--	--	--	--	--	--	--	--	--	--	--	



**MOM'S BEST - Naturals  
Foodservice Products**

**Nutrition Specifications**

REVISED 10/02/09

Version	Made with Whole Grains > 8g whole grain content	Shelf Life	Allergens present	Kosher	Per Serving																																
					Serving Size																																
					reported in months	ounces	grams	measure	calories	carbohydrate exch.	calories from fat	total fat (g)	saturated fat (g)	trans fat (g)	cholesterol (mg)	sodium (mg)	potassium (mg)	total carbohydrate (g)	total dietary fiber (g)	sugars (g)	protein (g)	vitamin A (IU)	vitamin C (mg)	calcium (mg)	iron (mg)	vitamin D (IU)	thiamin (mg)	riboflavin (mg)	niacin (mg)	vitamin B6 (mg)	folate (mg)	vitamin B12 (mcg)	phosphorus (mg)	magnesium (mg)	zinc (mg)	copper (mg)	
<b>Mom's Best Naturals</b>																																					
Toasted Wheat-fuls®	3.1	X	55	8	wheat, soy	No	2.0	55	1 cup	200	2.5	10	1.0	0	0	0	10	220	44	7	0	6	-	-	20	1.8	0	0.15	0.06	3.0	0.2	0.024	0.12	200	60	1.5	0.20
Sweetened Wheat-fuls®	3.0	X	44	8	wheat, soy	No	2.0	55	1 cup	210	2.5	10	1.0	0	0	0	10	180	45	6	11	5	-	-	20	1.8	0	0.15	0.06	3.0	0.16	0.016	0.12	150	40	1.5	0.20
Mallow Oats®	1.3	X	14	9	wheat, soy	No	1.0	30	1 cup	120	1.5	10	1.0	0	0	0	200	60	24	1	13	2	-	-	100	0.7	0	0.12	0.03	0	0	0.008	0	-	-	0.3	-
Honey-ful Wheat®	1.1	X		12	wheat, soy	Pareve	0.9	27	¾ cup	110	1.5	0	0	0	0	0	65	45	24	0	15	2	0	0	0	1.0	0	0.06	0.03	1.2	0.08	0.008	0	20	16	0.6	0.04
Oats & Honey Blend®	2.3	X	10	12	almonds,wheat,milk,soy	Dairy	1.0	30	¾ cup	120	1.5	15	1.5	0	0	0	150	60	25	1	6	2	-	-	0	9.0	0	0.03	0.10	1.2	0.12	0	0	40	8	0.3	0.04
Natural Raisin Bran	4.2	X	28	12	wheat, soy	Pareve	2.1	59	1 cup	230	3.0	15	1.5	0	0	0	340	380	49	6	20	5	-	-	20	1.4	0	0.03	0	0	0.04	0	0	150	40	0.9	0.16
Natural Honey Nut Toasty O's®	1.4	X	12	10	wheat,soy	Pareve	1.0	30	1 cup	120	1.5	10	1.5	0	0	0	210	125	24	2	10	2	-	-	100	0.7	0	0.03	0.03	0.4	0.04	0.008	0	100	32	0.3	0.04
Natural Toasty O's®	(temporarily unavailable)																																				
Toasted Cinnamon Squares™	1.1	X	10	10	wheat, milk, soy	Dairy	1.0	30	¾ cup	130	1.5	30	3.5	0.5	0	0	140	45	24	1	10	1	0	0	100	0.36	0	0.03	0	0.4	0.04	0	0	100	16	0.3	0.04
Natural Honey Grahams®	1.1	X	7	8	wheat, milk, soy	Dairy	1.0	30	¾ cup	130	1.5	25	3.0	0.5	0	0	270	50	25	1	10	1	0	0	100	0.36	0	0.03	0	0.4	0	0	0	100	8	0	-
<b>Mom's Best Naturals Oatmeals</b>																																					
Quick Oatmeal	2.1	X	40	12	none	Pareve	1.41	40	1/2 cup dry	150	2.0	25	3.0	0.5	0	0	0	-	27	4	<1	5	0	0	0	1.8	-	-	-	-	-	-	-	-	-	-	
Old Fashioned Oatmeal	2.1	X	40	12	none	Pareve	1.41	40	1/2 cup dry	150	2.0	25	3.0	0.5	0	0	0	-	27	4	<1	5	0	0	0	1.8	-	-	-	-	-	-	-	-	-	-	
Maple & Brown Sugar Flavor	1.1	X	28	12	milk	Dairy	1.51	43	1 packet	160	2.0	20	2.0	0	0	0	240	-	33	3	13	4	-	-	100	3.6	-	0.12	0.034	0	0	0.008	-	100	-	-	-
Apples & Cinnamon Flavor	1.1	X	18	12	none	Pareve	1.23	35	1 packet	130	2.0	15	1.5	0	0	0	170	-	27	3	11	3	-	-	100	3.6	-	0.12	0.034	0	0	0.008	-	100	-	-	-
Cinnamon & Spice Flavor	1.1	X	28	12	none	Pareve	1.62	46	1 packet	170	2.5	20	2.0	0	0	0	240	-	36	3	16	4	-	-	100	3.6	-	0.12	0.034	0	0	0	-	100	-	-	-