

# FANTASTIC FUN FOODS®

SBI CODE #19100  
**GoodyMan® Plus**

**51% Whole Grain - 3oz.**



## Nutrition Facts

|                               |              |
|-------------------------------|--------------|
| 1 serving per container       |              |
| <b>Serving size</b>           | <b>(85g)</b> |
| <b>Amount per serving</b>     |              |
| <b>Calories</b>               | <b>250</b>   |
| <b>% Daily Value*</b>         |              |
| <b>Total Fat</b> 9g           | <b>12%</b>   |
| Saturated Fat 3.5g            | <b>18%</b>   |
| Trans Fat 0g                  |              |
| <b>Cholesterol</b> 0mg        | <b>0%</b>    |
| <b>Sodium</b> 320mg           | <b>14%</b>   |
| <b>Total Carbohydrate</b> 40g | <b>15%</b>   |
| Dietary Fiber 2g              | <b>7%</b>    |
| Total Sugars 18g              |              |
| Includes 17g of Added Sugars  | <b>34%</b>   |
| <b>Protein</b> 5g             |              |
| Vitamin D 0mcg                | <b>0%</b>    |
| Calcium 33mg                  | <b>2%</b>    |
| Iron 1mg                      | <b>6%</b>    |
| Potassium 123mg               | <b>2%</b>    |

\* 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.

Contains Bioengineered Food Ingredients.

**INGREDIENTS:** WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, GRANULATED SUGAR, VEGETABLE OIL (MAY CONTAIN ONE OR MORE OF THE FOLLOWING: PALM OIL, PALM OIL AND SOYBEAN OIL WITH CITRIC ACID ADDED AS A PRESERVATIVE, INTERESTERIFIED SOYBEAN OIL), DEXTROSE, DEFATTED SOY FLOUR, NONFAT DRY MILK, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, SALT, CINNAMON, PALM OIL, DRY HONEY SOLIDS, SOY LECITHIN, SODIUM ALUMINUM PHOSPHATE, CORN STARCH, MONO- AND DIGLYCERIDES, GLUCONO DELTA-LACTONE, MODIFIED WHEAT STARCH, CALCIUM CARBONATE, AGAR, EGGS.  
**CONTAINS: WHEAT, MILK, EGGS & SOY.**

## PRODUCT CONTRIBUTION

- **GRAIN CREDIT: 2 oz GE** • **GRAMS OF FLOUR: 32g**
- **GRAMS OF WHOLE GRAIN: 16.3g** • **GRAMS OF ENRICHED: 15.7g**
- **PERCENT OF TOTAL GRAINS THAT ARE WHOLE GRAIN: 51%**
- **DOES THIS PRODUCT QUALIFY AS WHOLE GRAIN RICH: YES**

### PRODUCT HIGHLIGHTS

- **2 oz. Grain Equivalent**
- **Made in a Peanut / Tree nut Free Facility**
- **2 oz. Grain Equivalent**
- **5g Protein per Donut**

### CASE SPECS

|                  |                                     |
|------------------|-------------------------------------|
| cs/ct            | 80                                  |
| case dimensions  | 20.1" L x 15.6" W x 5.9" H          |
| case cube        | 1.07                                |
| case weight      | 16 lbs                              |
| cases per pallet | 60                                  |
| TiHi             | 5 x 12 Order in layers of 5         |
| shelf life       | rozen: 16 Months<br>ambient: 5 Days |
| 12 digit upc     | 091464191007                        |
| 14 digit upc     | 10091464191004                      |

### SUGGESTED

**BID  
 SPEC**

51% Whole Grain GoodyMan PLUS Cake Donut code/19100 80 – 3oz Frozen individually wrapped preservative free Thaw and Serve, 51% Whole Grain Donuts. Must conform to USDA Child Nutrition Program specifications and meet 2oz grain equivalent. Student- preferred brand Super Bakery product #19100. Must meet 8% calcium, 6% iron, 5 grams protein. Made in the USA, Peanut Free Product. Product analysis required.

Kosher: Dairy



Distributed by: Super Bakery Inc. Pittsburgh, PA 15237

©2024 Super Bakery Inc. All Rights Reserved • [www.superbakery.com](http://www.superbakery.com)

UPDATED: MARCH 2024

PRESIDENT, SUPER BAKERY, INC.