

pepsi. Frito-Lay. Tropicana. QUAKER. G

Product Name: Quaker® Instant Enriched White Corn Grits Packet -
Original

Product Code: 56854

Serving Size: 1 packet (28 g)

Date: 01/01/2026

Grains Based on Exhibit A

Does this product meet the Whole Grain-Rich Criteria:

Does this product contain non-creditable grains:

Description of Creditable Ingredients per Exhibit A	Exhibit A Group (A - I) the Product Belongs To	Portion Size of Product as Purchased (A)	Weight of one ounce equivalent as listed in Exhibit A (B)	Creditable Amount (A / B)
Breakfast cereals (cooked)	Group H	28.00 g	28.00 g	1.0000 oz eq.
Total Grains Based on Exhibit A Creditable Amount:				* 1.00 oz eq.

Meal Pattern Contribution Statement

I certify that the above information is true and correct and that a 1 packet (28 g) ounce serving of the above product (ready for serving) provides 1.00 oz equivalent Grains when prepared according to directions.

I further certify that non-creditable grains are not above 0.24 oz eq. per portion. Products with more than 0.24 oz equivalent or 3.99 grams for Groups A-G or 6.99 grams for Group H of non-creditable grains may not credit towards the grain requirements for school meals.



Signature

PepsiCo Foodservice Dietitian

Title

Rachel Huber, MPH, RDN

Printed Name

972-334-4789

Phone Number

*Enriched products are creditable for the Child and Adult Care Food Program (CACFP), Summer Food Service Program (SFSP), and Afterschool Snack Service. Per the USDA's final rule, "Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium" (7 CFR Parts 210, 215, 220, and 226 [FNS-2020-0038]; 87 FR 6984), effective 07/01/2022, at least 80% of the weekly grains offered in the National School Lunch Program (NSLP) and School Breakfast Program (SBP) must be whole grain rich, with remaining grain items enriched.

Quaker Instant Grits Original 0.98 Oz 10 Count

GTIN: 00030000568545 | UPC: 030000568545

NET CONTENT: 9.8 Ounce | PRODUCT ID:

Great mornings inspire great days bustling with new possibilities, unknown adventures, and amazing friends. Prepare for all that lies ahead by filling your bowls, bellies, and hearts with the love of a nourishing breakfast from Quaker Oats.



FEATURES & BENEFITS

- Regular
- 117.6 Ounce

INSTRUCTIONS

- Hot Water Directions 1. Empty Packet Into Bowl. 2. Add 1/2 Cup Boiling Water, Stir.
- 1. Empty Packet Into 2 Cup Microwave-Safe Bowl. 2. Add 1/2 Cup Water Or Milk, Stir.
- 3. Microwave On High 1 Minute To 1 Minute 15 Seconds; Stir
- Please Recycle

NUTRITIONAL CLAIMS

- Not A Low Calorie Food
- Excellent Source Of Iron - See Nutrition Information For Sodium Content

Brand Owner	PepsiCo Inc. Brand Owner
Brand Name	Quaker
Manufacturer	Quaker Food and Beverage
Volume	.054 Cubic foot

Storage & Handling Temperature
Minimum: 35 °F Maximum: 85 °F

Origin: Region: Country: US

INGREDIENTS: DEGERMINATED WHITE CORN GRITS, SALT, CALCIUM CARBONATE, POTASSIUM SALT, REDUCED IRON, NATURAL FLAVORS, TOCOPHEROLS (TO PRESERVE FRESHNESS), NIACIN*, FOLIC ACID*, RIBOFLAVIN*, AND THIAMIN MONONITRATE*.

*ONE OF THE B VITAMINS

Nutrition Facts

Serving size	1 packet (28g)
Amount Per Serving	
Calories	100
	% Daily value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 22g	8%
Dietary Fiber 1g	5%
Total Sugars 0g	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 13.1mg	70%
Potassium 290mg	6%
Thiamin 0.18mg	15%
Riboflavin 0.13mg	10%
Niacin 1.6mg	10%
Folate 80mcg DFE (52mcg folic acid)	20%
Not a significant source of added sugars.	
* 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.	

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000576438	Pallet	6	51.938 x 40.25 x 49.688 Inches	176.4 Pound	280.2 Pound	2 x 3
00030000576434	Display	48	46.938 x 16.563 x 20.125 Inches	29.4 Pound	46.7 Pound	x 6
00030000568507	Each	1	7.875 x 4.75 x 2.5 Inches	9.8 Ounce	9.8 Ounce	
00030000568545	Each	1	7.875 x 4.75 x 2.5 Inches	9.8 Ounce	9.8 Ounce	

GTIN	Level	Qty of Next Level Item(s)	H x W x D	Weight		Ti x Hi
				Net	Gross	
20030000568549	Pallet	72	54.5 x 41.563 x 48 Inches	525.6 Pound	705.6 Pound	12 x 6

Additional information not displayed



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