

USDA Foods Product Information Sheet

For Child Nutrition Programs



100408– Flour, Whole Wheat

Category: **Whole Grain**



PRODUCT DESCRIPTION

This item is U.S. No. 2 grade or better 100% whole wheat flour. This product is available in 25 pound bags.

CREDITING/YIELD

- CN Crediting: Flour serves as a recipe ingredient, so crediting is based on the portion size and type of grain item served. For more information, see the Grain Requirements for the National School Lunch Program and School Breakfast Program ([SP30-2012](#)).

CULINARY TIPS AND RECIPES

- Using whole wheat flour in recipes can help schools meet whole grain-rich requirements in the updated school meal patterns.
- To find culinary techniques and many recipe ideas visit [NFSMI](#) or [Team Nutrition](#).

FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

NUTRITION FACTS

Serving size: 1/4 cup (30g) flour, whole wheat

Amount Per Serving

Calories 102

Total Fat 1g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1mg

Total Carbohydrate 22g

Dietary Fiber 3g

Sugars 0g

Protein 4g

Source: [USDA National Nutrient Database](#)

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.