# **BREAD NUTRITIONAL INFORMATION**

#### HONEY WHEAT

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily V	/alue*	*Percent Daily Va calorie diet. Your			
Nutrition	Total Fat 0g	1%	Total Carbohydrate	24g	8%	lower depending	on your ca	lorie need	B:
Facts	Saturated Fat 0g	0%	Dietary Fiber 4g		15%		Calories: Less than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 6g			Saturated Fat L Cholesterol L	Less than Less than		25g 300mg
2oz (56g)	Cholesterol 0mg	0%	Protein 5g				Less than		
Servings Per Container About 18	Sodium 95mg	4%				Dietary Fiber		25g	30g
Calories 120 Calories from Fat 5	Vitamin A 0% • V	itamin C 0%	Calcium 0% • Iro	on 0%		Calories per gram Fat 9 • Car		e4 • Pro	tein 4

INGREDIENTS: Fresh Ground 100% Whole Wheat Flour, Water, Honey, Yeast, Salt. CONTAINS: WHEAT

## HARVEST WHITE

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving %	Daily Value*	*Percent Daily Values are calorie diet. Your daily val		
NULTION	Total Fat 0g	0%	Total Carbohydrate 28	3g <b>9</b> %	lower depending on your of	alorie need	s:
Facts	Saturated Fat 0g	0%	Dietary Fiber 1g	4%	Calories: Total Fat Less that		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 5g		Saturated Fat Less than Cholesterol Less than		25g 300mg
2oz (56g)	Cholesterol 0mg	0%	Protein 4g			2,400mg 300g	
Servings Per Container About 16	Sodium 320mg	13%			Dietary Fiber	25g	30g
Calories 130 Calories from Fat 5	Vitamin A 0% • V	ïtamin C 0%	Calcium 0% • Iron	8%	Calories per gram: Fat 9 • Carbohydra	te 4 • Pro	itein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Honey, Yeast, Salt, Egg White Wash. CONTAINS: WHEAT AND EGG

#### DAKOTA

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Va	lue*	*Percent Daily Va calorie diet. Your			
Nutrition	Total Fat 2g	3%	Total Carbohydrate	12g 4	4%	lower depending	on your ca	lorie need	
Facts	Saturated Fat 0g	1%	Dietary Fiber 2g		7%		Calories: Less than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 3g			Saturated Fat L Cholesterol L		20g 300ma	25g 300mg
2oz (56g)	Cholesterol 0mg	0%	Protein 3g				ess than		
Servings Per Container ABout 18	Sodium 150mg	6%				Dietary Fiber		25g	30g
Calories from Fat 15	Vitamin A 0% • V	ïtamin C 0%	Calcium 0% • Irc	on 2%		Calories per gram Fat 9 • Car		4 • Pro	tein 4

INGREDIENTS: Water, Fresh Ground 100% Whole Wheat Flour, Honey, Sunflower Seeds, Pumpkin Seeds, Millet, Yeast and Salt.

CONTAINS: WHEAT

#### 9-GRAIN

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value	<ul> <li>* *Percent Daily Values are calorie diet. Your daily val</li> </ul>		
NULTUON	Total Fat 0.5g	1%	Total Carbohydrate	25g 8%	6 lower depending on your of	alorie need	s:
Facts	Saturated Fat 0g	0%	Dietary Fiber 4g	16%	- Calories: Total Fat Less than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 5g		Saturated Fat Less than Cholesterol Less than	1 20g 1 300mg	25g 300mg
2oz (56g)	Cholesterol 0mg	0%	Protein 5g			2,400mg 300g	
Servings Per Container About 18	Sodium 250mg	11%			Dietary Fiber	25g	30g
Calories 130 Calories from Fat 5	Vitamin A 0% • V	′itamin C 0%	Calcium 0% • Iro	on 2%	<ul> <li>Calories per gram: Fat 9 • Carbohydra</li> </ul>	te 4 • Pro	tein 4

INGREDIENTS: Fresh Ground 100% Whole Wheat Flour, Water, Honey, 9 Grain Mix (whole wheat, spring wheat, white wheat, corn grits, barley grits, steel cut oats, cracked rye, flax seed and millet), Yeast and Salt. CONTAINS: WHEAT

## FLAX OAT BRAN

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving %	Daily Value*			
Nutrition	Total Fat 2g	3%	Total Carbohydrate 23	3g <b>8</b> %	calorie diet. Your daily valu lower depending on your ca	alorie need	s: -
Facts	Saturated Fat 0g	0%	Dietary Fiber 4g	16%	Calories: Total Fat Less than	2,000 65g	2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 7g		Saturated Fat Less than Cholesterol Less than		25g 300mg
2oz (56g)	Cholesterol 0mg	0%	Protein 5g		Sodium Less than Total Carbohydrate	2,400mg	2,400mg
Servings Per Container About 18	Sodium 170mg	7%			Dietary Fiber	300g 25g	375g 30g
Calories from Eat 15	Vitamin A 0% • V	itamin C 0%	Calcium 2% • Iron	2%	Calories per gram: Fat 9 • Carbohydrate	∋4 • Pro	tein 4

INGREDIENTS: Water, Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Flax Meal, Yeast, Rolled Oats, Flax Seeds and Salt. CONTAINS: WHEAT

### **APPLE CRUNCH**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving % D	Daily Value*	<ul> <li>*Percent Daily Values are based on a 2</li> <li>calorie diet. Your daily values may be h</li> </ul>		
Nutrition	Total Fat 4g	<b>6</b> %	Total Carbohydrate 29	g <b>10%</b>	lower depending on you	r calorie need	ls:
Facts	Saturated Fat 2.5g	13%	Dietary Fiber 1g	4%		s: 2,000 an 65g	2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 13g		Saturated Fat Less th		25g 300mg
2oz (56g)	Cholesterol 20mg	7%	Protein 3g			an 2,400mg 300g	
Servings Per Container About 15	Sodium 95mg	4%			Dietary Fiber	25g	375g 30g
Calories 160 Calories from Fat 35	Vitamin A 2% • Vi	tamin C 0%	Calcium 2% • Iron 6	5%	Calories per gram: Fat 9 • Carbohyd	rate 4 • Pro	otein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Brown Sugar, Granny Smith Apples, Applesauce (apples and water), Butter (cream and salt), Honey, Water, Eggs, Yeast, Cinnamon, Natural Vanilla Flavoring, Salt and Nutmeg. CONTAINS: WHEAT, MILK AND EGG

### **CINNAMON CHIP (WHOLE WHEAT)**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving %	6 Daily Value	<ul> <li>*Percent Daily Values are calorie diet. Your daily valu</li> </ul>		
Nutrition	Total Fat 3g	5%	Total Carbohydrate 2	28g <b>9</b> %	lower depending on your c	alorie need	S:
Facts	Saturated Fat 0.5g	3%	Dietary Fiber 3g	12%	- Calories: Total Fat Less than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 9g		Saturated Fat Less than Cholesterol Less than	20g	25g 300ma
2oz (56g)	Cholesterol 0mg	0%	Protein 5g			2,400mg 300g	
Servings Per Container About 16	Sodium 80mg	3%			Dietary Fiber	25g	30g
Calories 160 Calories from Fat 30	Vitamin A 0% • Vi	tamin C 0%	Calcium 0% • Iron	າ 2%	Calories per gram: Fat 9 • Carbohydrat	e4 • Pro	tein 4

INGREDIENTS: Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Honey, Yeast, Salt, and Egg White Wash. CONTAINS: WHEAT, MILK, SOY AND EGG

## CINNAMON CHIP (WHITE)

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving % Dai	ly Value*	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or			
NUTRITION	Total Fat 3g	4%	Total Carbohydrate 30g	10%	lower depending on your c	alorie need	s:	
Facts	Saturated Fat 0.5g	<b>4</b> %	Dietary Fiber 1g	4%	Calories: Total Fat Less than	2,000 65a	2,500 80g	
Serving Size 1 Slice	Trans Fat 0g		Sugars 9g		Saturated Fat Less than Cholesterol Less than		25g 300ma	
2oz (56g)	Cholesterol 0mg	0%	Protein 3g			2,400mg 300g		
Servings Per Container About 15	Sodium 80mg	3%			Dietary Fiber	25g	30g	
Calories 160 Calories from Fat 25	Vitamin A 0% • Vi	itamin C 0%	Calcium 2% • Iron 8%	Ď	Calories per gram: Fat 9 • Carbohydrat	e4 • Pro	tein 4	

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Cinnamon Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Honey, Yeast, Eggs and Salt.

CONTAINS: WHEAT, MILK, SOY AND EGG

## **3-CHEESE GARLIC**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving %	Daily Valu	ue*	*Percent Daily Val			
Nutrition	Total Fat 3.5g	5%	Total Carbohydrate 2	4g <b>8</b>	3%	calorie diet. Your o lower depending o	on your ca	lorie need:	S:
Facts	Saturated Fat 2g	10%	Dietary Fiber 1g	4	1%		alories: ess than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 4g			Saturated Fat L		20g	25g 300mg
2oz (56g)	Cholesterol 10mg	3%	Protein 6g				ess than	2,400mg 300g	
Servings Per Container About 15	Sodium 140mg	6%				Dietary Fiber	le	25g	30g
Calories 150 Calories from Fat 30	Vitamin A 2% • V	itamin C 0%	Calcium 8% • Iron	6%		Calories per gram Fat 9 • Carl		4 • Pro	tein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Cheddar Cheese (pasteurized milk, cheese culture, salt, enzymes), Honey, Swiss Cheese (part skim milk, cheese cultures, salt and enzymes), Romano Cheese (cows milk, pasteurized part-skim milk, cheese cultures, salt and enzymes), Yeast, Eggs, Dried Onion, Salt, Garlic and Parsley.

CONTAINS: WHEAT, MILK AND EGG

### **ROSEMARY ROASTED GARLIC**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Valu	<ul> <li>*Percent Daily Values are calorie diet. Your daily va</li> </ul>		
Nutrition	Total Fat 0g	0%	Total Carbohydrate	26g 9'	% lower depending on your	calorie needs	
Facts	Saturated Fat 0g	0%	Dietary Fiber 1g	4	── Calories: ── Total Fat Less that		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 6g		Saturated Fat Less tha	n 20g	25g 300mg
2oz (56g)	Cholesterol 5mg	2%	Protein 3g			n 2,400mg	2,400mg 375a
Servings Per Container About 10	Sodium 170mg	7%			Dietary Fiber		30g
Calories 120 Calories from Fat 5	Vitamin A 2% • V	itamin C 2%	Calcium 2% • Irc	on 8%	<ul> <li>Calories per gram: Fat 9 • Carbohydra</li> </ul>	ate 4 • Prot	ein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Honey, Yeast, Garlic, Salt, Rosemary and Parsley, Egg White Wash.

CONTAINS: WHEAT AND EGG

### **PARMESAN BASIL**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Val	ue*	*Percent Daily V calorie diet. You			
Nutrition	Total Fat 1g	2%	Total Carbohydrate	28g 9	9%	lower depending	on your ca	alorie need	S:
Facts	Saturated Fat 0.5	ig <b>3</b> %	Dietary Fiber 2g	8	<b>B</b> %		Calories: Less than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 4g			Saturated Fat Cholesterol	Less than Less than	20g 300ma	25g 300mg
2oz (56g)	Cholesterol 5mg	2%	Protein 5g				Less than	2,400mg 300g	
Servings Per Container About 12	Sodium 390mg	16%				Dietary Fiber		25g	30g
Calories 140 Calories from Fat 10	Vitamin A 0% • \	/itamin C 0%	Calcium 4% • Irc	on 8%		Calories per gran Fat 9 • Ca		e4 • Pro	tein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Romano Cheese (cows milk, pasteurized part-skim milk, cheese cultures, salt and enzymes), Yeast, Parmesan Cheese (pasteurized milk, cheese cultures, salt, enzymes, rice flour added to prevent caking, natamycin (natural mold inhibitor)), Salt, Basil and Dried Garlic, Egg White Wash. CONTAINS: WHEAT, MILK AND EGG

#### ASIAGO PESTO

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*Percent Daily Values are to calorie diet. Your daily valu		
Nutrition	Total Fat 5g	8%	Total Carbohydrate	23g <b>8</b> %		alorie need:	B:
Facts	Saturated Fat 2g	10%	Dietary Fiber 1g	4%	Total Fat Less than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 2g		Saturated Fat Less than Cholesterol Less than		25g 300mg
2oz (56g)	Cholesterol 10mg	3%	Protein 5g		Sodium Less than Total Carbohydrate		
Servings Per Container About 11	Sodium 400mg	17%			Dietary Fiber	25g	30g
Calories 160 Calories from Fat 50	Vitamin A 2% • V	itamin C 0%	Calcium 8% • Irc	on 8%	Calories per gram: Fat 9 • Carbohydrate	e4 ∙ Pro	tein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Asiago Cheese, Pesto Sauce (canola oil, water, Parmesan (pasteurized part-skim milk, cheese culture, salt and enzymes), granulated garlic and salt), Honey, Olive Oil, Yeast, Salt, Eggs, Dried Garlic and Dried Onion.

CONTAINS: WHEAT, MILK AND EGG

## **SPINACH FETA**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving % Daily	/alue*			
Nutrition	Total Fat 2g	3%	Total Carbohydrate 25g	8%	calorie diet. Your daily value lower depending on your ca	lorie need	s:
Facts	Saturated Fat 1g	5%	Dietary Fiber 2g	8%	Calories: Total Fat Less than	2,000 65g	2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 4g		Saturated Fat Less than		25g 300ma
2oz (56g)	Cholesterol 5mg	2%	Protein 5g		Sodium Less than	2,400mg	2,400mg
Servings Per Container About 10	Sodium 210mg	9%			Total Carbohydrate Dietary Fiber	300g 25g	375g 30g
Calories 140	Vitamin A 15% • V	ïtamin C 0%	Calcium 6% • Iron 8%		Calories per gram: Fat 9 • Carbohydrate	4 • Pro	tein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Feta Cheese (pasteurized milk, cheese cultures, salt, enzymes), Spinach, Honey, Yeast, Salt, Dried Garlic, Oregano and Black Pepper.

CONTAINS: WHEAT AND MILK

#### **CORN BREAD**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving %	% Daily V	alue*	*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or				
Nutrition	Total Fat 4.5g	7%	Total Carbohydrate 3	30g '	10%	lower depending on	i your ca	lorie needs	5: <sup>°</sup>	
Facts	Saturated Fat 2.5g	<b>13</b> %	Dietary Fiber 1g		4%		lories: ss than	2,000 65g	2,500 80g	
Serving Size 1 Slice	Trans Fat 0g		Sugars 5g			Saturated Fat Les Cholesterol Les		20g 300mg	25g 300mg	
2oz (56g)	Cholesterol 10mg	3%	Protein 3g				ss than	2,400mg 300g		
Servings Per Container About 18	Sodium 180mg	8%				Dietary Fiber		25g	30g	
Calories 170 Calories from Fat 40	Vitamin A 2% • Vi	itamin C 0%	Calcium 0% • Iror	n 6%		Calories per gram: Fat 9 • Carbo	ohydrate	4 • Pro	tein 4	

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Cornmeal, Water, Honey, Butter (cream and salt), Yeast and Salt. COTNAINS: WHEAT AND MILK

## JALEPEÑO CHEDDAR CORNBREAD

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Value*	*Percent Daily Values calorie diet. Your daily		
Nutrition	Total Fat 5g	8%	Total Carbohydrate	26g <b>9</b> %	lower depending on yo	ur calorie need	is:
Facts	Saturated Fat 3g	15%	Dietary Fiber 1g	4%	Calori Total Fat Less t	es: 2,000 nan 650	2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 4g		Saturated Fat Less t Cholesterol Less t	nan 20g nan 300mg	25g 300mg
2oz (56g)	Cholesterol 15mg	5%	Protein 4g			nan 2,400mg 300g	
Servings Per Container About 18	Sodium 190mg	8%			Dietary Fiber	25g	30g
Calories 170 Calories from Fat 45	Vitamin A 4% • V	itamin C 4%	Calcium 4% • Iron	n 6%	Calories per gram: Fat 9 • Carbohy	drate 4 • Pro	otein 4

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Cornmeal, Water, Honey, Butter (cream and salt), Cheddar Cheese (pasteurized milk, cheese cultures, salt, enzymes), Jalapenos (jalepeños, water, vinegar, salt, sugar, spices, calcium chloride), Red Peppers (roasted red peppers, water, salt, citric acid), Yeast and Salt. COTNAINS: WHEAT AND MILK

#### SPELT

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Va	alue*	*Percent Daily V calorie diet. You			
Nutrition	Total Fat 1.5g	2%	Total Carbohydrate 3	32g 1	1%	lower depending	on your ca	lorie need	s:
Facts	Saturated Fat 0g	0%	Dietary Fiber 3g	1	2%		Calories: Less than		2,500 80g
Serving Size 1 Slice	Trans Fat 0g		Sugars 5g			Saturated Fat		20g	25g 300mg
2oz (56g)	Cholesterol 0mg	0%	Protein 6g				Less than		
Servings Per Container About 18	Sodium 160mg	7%				Dietary Fiber		25g	30g
Calories 150 Calories from Fat 10	Vitamin A 0% • V	ïtamin C 0%	Calcium 0% • Iror	n 8%		Calories per gran Fat 9 • Ca		e4 • Pro	tein 4

INGREDIENTS: Spelt Flour, Water, Honey, Yeast and Salt. CONTAINS: WHEAT

### BREAKFAST BLAST

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving % Daily Value*			<ul> <li>* *Percent Daily Values are based on a 2,000</li> <li>calorie diet. Your daily values may be higher or</li> </ul>				
Nutrition	Total Fat 2.5g	4%	Total Carbohydrate 30	0g 1	0%	lower depending on	your ca	lorie needs	s:	
Facts	Saturated Fat 0g	2%	Dietary Fiber 3g	1	3%		lories: ss than		2,500 80g	
Serving Size 1 Slice	Trans Fat 0g		Sugars 10g			Saturated Fat Les		20g	25g 300mg	
2oz (56g)	Cholesterol 0mg	0%	Protein 5g				ss than	2,400mg 300g		
Servings Per Container About 18	Sodium 210mg	9%				Dietary Fiber		25g	30g	
Calories 160 Calories from Fat 25	Vitamin A 2% • V	itamin C 0%	Calcium 0% • Iron	2%		Calories per gram: Fat 9 • Carbo		4 • Pro	tein 4	

INGREDIENTS: Fresh Ground 100% Whole Wheat Flour, Water, Cinnamon Chips (sugar, palm oil, cinnamon, non-fat dry milk and soy lecithin), Honey, Raisins, Dates, Dried Apricots (apricots and sulfur), Yeast, Sunflower Seeds, Salt and Rolled Oats.

CONTAINS: WHEAT, MILK AND SOY

### **CRANBERRY HIGH FIBER**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	nount / Serving % Daily Value*		<ul> <li>* *Percent Daily Values are based on a 2,000</li> <li>calorie diet. Your daily values may be higher of</li> </ul>				
Nutrition	Total Fat 3.5g	5%	Total Carbohydrate	22g <b>7</b>	10wer depend	lower depending on your calorie needs:				
Facts	Saturated Fat 0g	0%	Dietary Fiber 4g	16	7 Total Fat	Less than	,	2,500 80g		
Serving Size 1 Slice	Trans Fat 0g		Sugars 10g		Saturated F Cholesterol	at Less than Less than		25g 300mg		
2oz (56g)	Cholesterol 0mg	0%	Protein 4g		Sodium Total Carboh	Less than	2,400mg 300g			
Servings Per Container About 18	Sodium 320mg	13%			Dietary Fibe	er	25g	30g		
Calories 130	Vitamin A 0% • V	′itamin C 0%	Calcium 2% • Irc	on 6%	Calories per 9 Fat 9	gram: Carbohydrat	e4 • Pro	otein 4		

INGREDIENTS: Water, Fresh Ground 100% Whole Wheat Flour, Dried Cranberries, Honey, Flax Seeds, Millet, Oat Bran, Wheat Bran, Yeast, Sunflower Seeds, Salt.

CONTAINS: WHEAT

#### CHALLAH

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving	% Daily Val	ue*					
Nutrition	Total Fat 1g	2%	Total Carbohydrate	25g 8	<b>B%</b>	calorie diet. Your daily values may be higher lower depending on your calorie needs: Calories: 2,000 2,500				
Facts	Saturated Fat 0g	0%	Dietary Fiber 1g	4	4%				2,500 80g	
Serving Size 1 Slice	Trans Fat 0g		Sugars 7g			Saturated Fat Less than Cholesterol Less than		20g 300mg	25g 300mg	
2oz (56g)	Cholesterol 30mg	10%	Protein 4g				ss than	2,400mg 300g		
Servings Per Container About 12	Sodium 270mg	11%				Dietary Fiber		25g	30g	
Calories 120 Calories from Fat 10	Vitamin A 0% • V	ïtamin C 0%	Calcium 0% • Iro	on 8%		Calories per gram: Fat 9 • Carb		4 • Pro	tein 4	

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Honey, Eggs, Yeast and Salt. CONTAINS: WHEAT AND EGG

#### **BURGER BUNS**

Nutrition	Amount / Serving	% Daily Value*	Amount / Serving % Daily	Value*	<ul> <li>* *Percent Daily Values are based or calorie diet. Your daily values may</li> </ul>				
Numuon	Total Fat 2g	3%	3% Total Carbohydrate 45g 15%		lower depending on your calorie needs:				
Facts	Saturated Fat 0g	0%	Dietary Fiber 3g	12%			,	2,500 80g	
Serving Size 1 Bun 3.5oz (99g) Servings Per Container 6 Calories 230	Trans Fat 0g		Sugars 7g	Saturat			20g 300ma	25g 300ma	
	Cholesterol 35mg	<b>12</b> %	Protein 9g			ss than	2,400mg 300g		
	Sodium 430mg	18%			Dietary Fiber		25g	30g	
Calories from Fat 20	Vitamin A 0% • V	itamin C 0%	Calcium 2% • Iron 10%		<ul> <li>Calories per gram: Fat 9 • Carbohydrate</li> </ul>		4 • Prot	tein 4	

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Water, Golden Fresh Ground 100% Whole Wheat Flour, Eggs, Honey, Yeast, Sesame Seeds, Salt and Dried Onion.

CONTAINS: WHEAT AND EGG