

SWEETS NUTRITIONAL INFORMATION

BROWNIES

Nutrition Facts Serving Size 1 Brownie 4.25oz (121g),
Servings Per Container 1, Amount Per Serving: **Calories** 540,
Calories from Fat 310, **Total Fat** 35g (54% DV),
Saturated Fat 21g (105% DV), Trans Fat 0.5g, **Cholesterol** 140mg (47% DV),
Sodium 380mg (16% DV), **Total Carbohydrate** 57g (19% DV),
Dietary Fiber 3g (12% DV), Sugars 37g, **Protein** 6g, Vitamin A (15% DV),
Vitamin C (0% DV), Calcium (6% DV), Iron (15% DV). Percent Daily
Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Chocolate Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Butter (cream and butter), Brown Sugar, Enriched Unbleached White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Eggs, Cocoa Powder, Salt and Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).
CONTAINS: WHEAT, MILK, SOY AND EGG

LEMON BARS

Nutrition Facts Serving Size 1 Bar 4.75oz (136g),
Servings Per Container 1, Amount Per Serving: **Calories** 490,
Calories from Fat 200, **Total Fat** 23g (35% DV), Saturated Fat 14g (70% DV),
Trans Fat 0.5g, **Cholesterol** 130mg (43% DV), **Sodium** 510mg (21% DV),
Total Carbohydrate 68g (23% DV), Dietary Fiber 1g (4% DV), Sugars 43g,
Protein 6g, Vitamin A (15% DV), Vitamin C (6% DV), Calcium (6% DV),
Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Sugar, Enriched Unbleached White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Butter (cream and salt), Eggs, Lemon Juice, Confectioners Sugar, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt and Natural Lemon Flavoring.
CONTAINS: WHEAT, MILK AND EGG

FRUIT BARS

Nutrition Facts Serving Size 1 Fruit Bar 5.5oz (160g),
Servings Per Container 1, Amount Per Serving: **Calories** 450,
Calories from Fat 160, **Total Fat** 18g (28% DV), Saturated Fat 11g (55% DV),
Trans Fat 0g, **Cholesterol** 55mg (18% DV), **Sodium** 340mg (14% DV),
Total Carbohydrate 67g (22% DV), Dietary Fiber 7g (28% DV), Sugars 38g,
Protein 8g, Vitamin A (10% DV), Vitamin C (6% DV), Calcium (8% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Blueberries, Marionberries, Butter (cream and salt), Raspberries, Rolled Oats, Coconut, Eggs, Water, Salt, Baking Soda and Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).
CONTAINS: WHEAT, COCONUT, MILK AND EGG

MUFFINS

BERRY - ULTRA-HEALTHY MUFFIN

Nutrition Facts Serving Size 1/2 Muffin 4oz (117g),
Servings Per Container 2, Amount Per Serving: **Calories** 170,
Calories from Fat 10, **Total Fat** 1g (2% DV), Saturated Fat 0g (0% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 290mg (12% DV),
Total Carbohydrate 39g (13% DV), Dietary Fiber 5g (20% DV), Sugars 17g,
Protein 6g, Vitamin A (2% DV), Vitamin C (20% DV), Calcium (6% DV),
Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Applesauce (apples and water), Fresh Ground 100% Whole Wheat Flour, Raspberries, Water, Honey, Oat Bran, Orange Juice, Brown Sugar, Natural Vanilla Flavoring, Cinnamon, Baking Soda, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate) and Salt.
CONTAINS: WHEAT

MORNING GLORY - REDUCED FAT MUFFIN

Nutrition Facts Serving Size 1 Muffin 5.5oz (156g),
Servings Per Container 1, Amount Per Serving: **Calories** 320,
Calories from Fat 80, **Total Fat** 9g (14% DV), Saturated Fat 2.5g (13% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 350mg (15% DV),
Total Carbohydrate 59g (20% DV), Dietary Fiber 8g (32% DV), Sugars 36g,
Protein 7g, Vitamin A (60% DV), Vitamin C (4% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Applesauce (apples and water), Fresh Ground 100% Whole Wheat Flour, Carrots, Honey, Raisins, Apples, Brown Sugar, Wheat Bran, Yogurt (cultured grade A fat free milk, whey protein concentrate, kosher gelatin, pectin, vitamin A palmitate, vitamin D3 and live active cultures), Coconut, Egg Whites, Canola Oil, Almonds, Baking Soda, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Natural Vanilla Flavoring, Cinnamon and Salt.
CONTAINS: WHEAT, ALMONDS, COCONUT, MILK AND EGG

RASPBERRY YOGURT - REDUCED FAT MUFFIN

Nutrition Facts Serving Size 1/2 Muffin 3.5oz (103g),
Servings Per Container 2, Amount Per Serving: **Calories** 210,
Calories from Fat 50, **Total Fat** 6g (9% DV), Saturated Fat 0.5g (3% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 250mg (10% DV),
Total Carbohydrate 37g (12% DV), Dietary Fiber 4g (16% DV), Sugars 18g,
Protein 6g, Vitamin A (2% DV), Vitamin C (6% DV), Calcium (6% DV),
Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Raspberries, Applesauce (apples and water), Fresh Ground 100% Whole Wheat Flour, Honey, Oat Bran, Yogurt (cultured grade A fat free milk, whey protein concentrate, kosher gelatin, pectin, vitamin A palmitate, vitamin D3 and live cultures), Brown Sugar, Canola Oil, Egg Whites, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt and Baking Soda.
CONTAINS: WHEAT AND EGG

SPELT - REDUCED FAT MUFFIN

Nutrition Facts Serving Size 1/2 Muffin 5oz (146g),
Servings Per Container 2, Amount Per Serving: **Calories** 380,
Calories from Fat 60, **Total Fat** 7g (11% DV), Saturated Fat 0g (0% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 220mg (9% DV),
Total Carbohydrate 75g (25% DV), Dietary Fiber 6g (24% DV), Sugars 21g,
Protein 11g, Vitamin A (0% DV), Vitamin C (15% DV), Calcium (4% DV),
Iron (20% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Spelt Flour, Applesauce (apples and water), Marionberries, Honey,
Orange Juice, Brown Sugar, Canola Oil, Egg Whites, Baking Powder (sodium acid
pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt and
Baking Soda (sodium bicarbonate).

CONTAINS: WHEAT AND EGG

BANANA CHOCOLATE CHIP - REGULAR MUFFIN

Nutrition Facts Serving Size 1/2 Muffin 2.75oz (81g),
Servings Per Container 2, Amount Per Serving: **Calories** 270,
Calories from Fat 120, **Total Fat** 14g (22% DV), Saturated Fat 8g (40% DV),
Trans Fat 0g, **Cholesterol** 45mg (15% DV), **Sodium** 320mg (13% DV),
Total Carbohydrate 34g (11% DV), Dietary Fiber 4g (16% DV), Sugars 19g,
Protein 5g, Vitamin A (6% DV), Vitamin C (2% DV), Calcium (4% DV),
Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Banana Puree, Fresh Ground 100% Whole Wheat Flour, Butter
(cream and salt), Chocolate Chips (sugar, chocolate liquor, cocoa butter and soy
lecithin), Brown Sugar, Eggs, Non Fat Milk, Cinnamon, Baking Soda, Salt and
Allspice.

CONTAINS: WHEAT, MILK, SOY AND EGG

CAPPUCCINO CHIP - REGULAR MUFFIN

Nutrition Facts Serving Size 1/2 Muffin 3.25oz (94g),
Servings Per Container 2, Amount Per Serving: **Calories** 290,
Calories from Fat 120, **Total Fat** 14g (22% DV), Saturated Fat 8g (40% DV),
Trans Fat 0g, **Cholesterol** 45mg (15% DV), **Sodium** 300mg (13% DV),
Total Carbohydrate 38g (13% DV), Dietary Fiber 4g (16% DV), Sugars 22g,
Protein 6g, Vitamin A (6% DV), Vitamin C (0% DV), Calcium (10% DV),
Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Non Fat Milk, Fresh Ground 100% Whole Wheat Flour, Chocolate
Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Brown Sugar, Butter
(cream and salt), Eggs, Water, Baking Powder (sodium acid pyrophosphate, sodium
bicarbonate, corn starch, monocalcium phosphate), Espresso Powder, Coffee,
Natural and Artificial Vanilla Flavoring, Salt, Confectioners Sugar and Cinnamon.

CONTAINS: WHEAT, MILK, SOY AND EGG

MARIONBERRY OAT - REGULAR MUFFIN

Nutrition Facts Serving Size 1/2 Muffin 3.5oz (97g),
Servings Per Container 2, Amount Per Serving: **Calories** 220,
Calories from Fat 60, **Total Fat** 7g (11% DV), Saturated Fat 3.5g (18% DV),
Trans Fat 0g, **Cholesterol** 35mg (11% DV), **Sodium** 330mg (14% DV),
Total Carbohydrate 34g (11% DV), Dietary Fiber 4g (16% DV), Sugars 14g,
Protein 7g, Vitamin A (6% DV), Vitamin C (0% DV), Calcium (15% DV),
Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Non Fat Milk, Marionberries, Fresh Ground 100% Whole Wheat
Flour, Rolled Oats, Brown Sugar, Butter (cream and salt), Eggs, Baking Powder
(sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium
phosphate) and Salt.

CONTAINS: WHEAT, MILK AND EGG

BLUEBERRY CORN MUFFINS - REGULAR MUFFIN

Nutrition Facts Serving Size 1/2 Muffin 3.75oz (105g),
Servings Per Container 2, Amount Per Serving: **Calories** 250,
Calories from Fat 45, **Total Fat** 5g (8% DV), Saturated Fat 3g (15% DV),
Trans Fat 0g, **Cholesterol** 45mg (15% DV), **Sodium** 200mg (8% DV),
Total Carbohydrate 46g (15% DV), Dietary Fiber 2g (8% DV), Sugars 17g,
Protein 5g, Vitamin A (6% DV), Vitamin C (2% DV), Calcium (10% DV),
Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin,
Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Blueberries, Yogurt
(cultured grade A fat free milk, whey protein concentrate, kosher gelatin, pectin,
vitamin A palmitate, vitamin D3 and live cultures), Cornmeal, Honey, Eggs,
Brown Sugar, Butter (Milk), Baking Powder (sodium acid pyrophosphate, sodium
bicarbonate, corn starch, monocalcium phosphate), Natural Vanilla Flavoring and
Salt.

CONTAINS: WHEAT, MILK AND EGG

SCONES

MARIONBERRY SCONE

Nutrition Facts Serving Size 1/2 Scone 3.5oz (97g),
Servings Per Container 2, Amount Per Serving: **Calories** 290,
Calories from Fat 90, **Total Fat** 10g (15% DV), Saturated Fat 6g (30% DV),
Trans Fat 0g, **Cholesterol** 50mg (17% DV), **Sodium** 420mg (18% DV),
Total Carbohydrate 43g (14% DV), Dietary Fiber 2g (8% DV), Sugars 11g,
Protein 6g, Vitamin A (6% DV), Vitamin C (0% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin,
Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Marionberries, Cultured
Buttermilk (reduced-fat cultured milk and salt), Butter (cream and salt), Brown Sugar,
Eggs, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch,
monocalcium phosphate), Natural Vanilla Flavoring, Baking Soda and Salt.

CONTAINS: WHEAT, MILK AND EGG

RASPBERRY CHOCOLATE CHIP SCONE

Nutrition Facts Serving Size 1/2 Scone 3.5oz (103g),
Servings Per Container 2, Amount Per Serving: **Calories** 320,
Calories from Fat 110, **Total Fat** 13g (20% DV), Saturated Fat 8g (40% DV),
Trans Fat 0g, **Cholesterol** 50mg (17% DV), **Sodium** 420mg (18% DV),
Total Carbohydrate 47g (16% DV), Dietary Fiber 2g (8% DV), Sugars 15g,
Protein 6g, Vitamin A (6% DV), Vitamin C (4% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin,
Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Raspberries, Cultured
Buttermilk (reduced-fat cultured milk and salt), Butter (cream and salt), Brown Sugar,
Chocolate Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Eggs,
Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch,
monocalcium phosphate), Natural Vanilla Flavoring, Baking Soda and Salt.

CONTAINS: WHEAT, MILK, SOY AND EGG

BLUEBERRY ALMOND SCONE

Nutrition Facts Serving Size 1/2 Scone 4oz (113g),
Servings Per Container 2, Amount Per Serving: **Calories** 370,
Calories from Fat 150, **Total Fat** 17g (26% DV), Saturated Fat 8g (40% DV),
Trans Fat 0g, **Cholesterol** 50mg (17% DV), **Sodium** 220mg (9% DV),
Total Carbohydrate 47g (16% DV), Dietary Fiber 3g (12% DV), Sugars 16g,
Protein 7g, Vitamin A (8% DV), Vitamin C (0% DV), Calcium (8% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin,
Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Cultured Buttermilk (reduced-
fat cultured milk and salt), Blueberries, Butter (cream and salt), Almonds, Brown
Sugar, Eggs, Almond Emulsion (water, propylene glycol, artificial flavor, xanthan
gum, propylene glycol), Baking Powder (sodium acid pyrophosphate, sodium bicarbonate,
corn starch, monocalcium phosphate), Salt and Baking Soda.

CONTAINS: WHEAT, ALMONDS, MILK AND EGG

LEMON POPPYSEED SCONE

Nutrition Facts Serving Size 1/2 Scone 3.25oz (96g),
Servings Per Container 2, Amount Per Serving: **Calories** 350,
Calories from Fat 140, **Total Fat** 16g (25% DV), Saturated Fat 9g (45% DV),
Trans Fat 0g, **Cholesterol** 55mg (18% DV), **Sodium** 230mg (10% DV),
Total Carbohydrate 47g (16% DV), Dietary Fiber 2g (8% DV), Sugars 15g,
Protein 6g, Vitamin A (10% DV), Vitamin C (0% DV), Calcium (8% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Butter (cream and salt), Cultured Buttermilk (reduced-fat cultured milk and salt), Brown Sugar, Eggs, Poppy Seeds, Sugar, Lemon Juice, Natural and Artificial Almond Flavoring, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Salt, Lemon Peel and Baking Soda.

CONTAINS: WHEAT, MILK AND EGG

CURRANT HAZELNUT OAT SCONE

Nutrition Facts Serving Size 1/2 Scone 3oz (85g),
Servings Per Container 2, Amount Per Serving: **Calories** 310,
Calories from Fat 120, **Total Fat** 14g (22% DV), Saturated Fat 6g (30% DV),
Trans Fat 0g, **Cholesterol** 45mg (15% DV), **Sodium** 350mg (15% DV),
Total Carbohydrate 41g (14% DV), Dietary Fiber 3g (12% DV), Sugars 15g,
Protein 7g, Vitamin A (6% DV), Vitamin C (2% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Rolled Oats, Cultured Buttermilk (reduced-fat cultured milk), Butter (cream and salt), Currants, Brown Sugar, Hazelnuts, Eggs, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Natural and Artificial Vanilla Flavoring, Baking Soda and Salt.

CONTAINS: WHEAT, HAZELNUTS, MILK AND EGG

CHOCOLATE CHIP HAZELNUT SCONE

Nutrition Facts Serving Size 1/2 Scone 3oz (85g),
Servings Per Container 2, Amount Per Serving: **Calories** 330,
Calories from Fat 150, **Total Fat** 17g (26% DV), Saturated Fat 7g (35% DV),
Trans Fat 0g, **Cholesterol** 45mg (15% DV), **Sodium** 350mg (15% DV),
Total Carbohydrate 40g (13% DV), Dietary Fiber 3g (12% DV), Sugars 14g,
Protein 7g, Vitamin A (6% DV), Vitamin C (0% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Chocolate Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Rolled Oats, Cultured Buttermilk (reduced-fat cultured milk and salt), Butter (cream and salt), Brown Sugar, Hazelnuts, Eggs, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Natural and Artificial Vanilla Flavoring, Baking Soda and Salt.

CONTAINS: WHEAT, HAZELNUTS, MILK, SOY AND EGG

RASP-BLUEBERRY CREAM CHEESE SCONE (100% WHOLE WHEAT)

Nutrition Facts Serving Size 1/2 Scone 3.5oz (109g),
Servings Per Container 2, Amount Per Serving: **Calories** 340,
Calories from Fat 90, **Total Fat** 11g (17% DV), Saturated Fat 6g (30% DV),
Trans Fat 0g, **Cholesterol** 50mg (17% DV), **Sodium** 420mg (18% DV),
Total Carbohydrate 53g (18% DV), Dietary Fiber 5g (20% DV), Sugars 23g,
Protein 8g, Vitamin A (6% DV), Vitamin C (2% DV), Calcium (10% DV),
Iron (2% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Golden Fresh Ground 100% Whole Wheat Flour, Brown Sugar,
Cultured Buttermilk (reduced fat cultured milk and salt), Butter (cream and salt),
Blueberries, Eggs, Raspberries, Baking Powder (sodium acid pyrophosphate,
sodium bicarbonate, corn starch, monocalcium phosphate), Natural Vanilla
Flavoring, Baking Soda and Salt.

CONTAINS: WHEAT, MILK AND EGG

WHOLE GRAIN FRUIT N' NUT SCONE (100% WHOLE WHEAT)

Nutrition Facts Serving Size 1 Scone 5oz (142g),
Servings Per Container 1, Amount Per Serving: **Calories** 420,
Calories from Fat 160, **Total Fat** 18g (28% DV), Saturated Fat 1.5g (8% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 500mg (21% DV),
Total Carbohydrate 58g (19% DV), Dietary Fiber 8g (32% DV), Sugars 25g,
Protein 11g, Vitamin A (0% DV), Vitamin C (2% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Cultured Buttermilk (reduced-fat cultured milk and salt), Fresh
Ground 100% Whole Wheat Flour, Rolled Oats, Raisins, Walnuts, Dates, Honey,
Canola Oil, Dried Cranberries, Apple, Sunflower Seeds, Oat Bran, Flax Seeds,
Baking Soda, Salt, Cinnamon, Nutmeg and Allspice.

CONTAINS: WHEAT, WALNUTS AND MILK

COOKIES

CHOCOLATE CHIP COOKIE

Nutrition Facts Serving Size 1 Cookie 4oz (113g),
Servings Per Container 6, Amount Per Serving: **Calories** 490,
Calories from Fat 200, **Total Fat** 22g (34% DV), **Saturated Fat** 13g (65% DV),
Trans Fat 0.5g, **Cholesterol** 60mg (20% DV), **Sodium** 360mg (15% DV),
Total Carbohydrate 67g (22% DV), **Dietary Fiber** 5g (20% DV), **Sugars** 39g,
Protein 8g, **Vitamin A** (10% DV), **Vitamin C** (0% DV), **Calcium** (6% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butter (cream and salt), Rolled Oats, Chocolate Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Eggs, Water, Salt, Baking Soda and Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).

CONTAINS: WHEAT, MILK, SOY AND EGG

CHOCOLATE CHIP WALNUT COOKIE

Nutrition Facts Serving Size 1 Cookie 4.5oz (128g),
Servings Per Container 6, Amount Per Serving: **Calories** 570,
Calories from Fat 250, **Total Fat** 29g (45% DV), **Saturated Fat** 14g (70% DV),
Trans Fat 0.5g, **Cholesterol** 60mg (20% DV), **Sodium** 380mg (16% DV),
Total Carbohydrate 72g (24% DV), **Dietary Fiber** 6g (24% DV), **Sugars** 42g,
Protein 9g, **Vitamin A** (10% DV), **Vitamin C** (0% DV), **Calcium** (8% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butter (cream and salt), Rolled Oats, Chocolate Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Walnuts, Eggs, Water, Salt, Baking Soda and Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).

CONTAINS: WHEAT, WALNUTS, MILK, SOY AND EGG

SNICKERDOODLE COOKIE

Nutrition Facts Serving Size 1 Cookie 3.5oz (108g),
Servings Per Container 1, Amount Per Serving: **Calories** 460,
Calories from Fat 170, **Total Fat** 19g (29% DV), **Saturated Fat** 11g (55% DV),
Trans Fat 0.5g, **Cholesterol** 70mg (23% DV), **Sodium** 310mg (13% DV),
Total Carbohydrate 71g (24% DV), **Dietary Fiber** 2g (8% DV), **Sugars** 41g,
Protein 5g, **Vitamin A** (10% DV), **Vitamin C** (0% DV), **Calcium** (2% DV),
Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Butter (cream and salt), Eggs, Cinnamon, Cream of Tartar (INSERT INGREDIENT COMPONENTS HERE), Baking Soda, Natural Vanilla Flavoring and Salt.

CONTAINS: WHEAT, MILK AND EGG

OATMEAL RAISIN COOKIE

Nutrition Facts Serving Size 1 Cookie 5oz (142g),
Servings Per Container 1, Amount Per Serving: **Calories** 610,
Calories from Fat 240, **Total Fat** 27g (42% DV), Saturated Fat 16g (80% DV),
Trans Fat 0.5g, **Cholesterol** 85mg (28% DV), **Sodium** 630mg (26% DV),
Total Carbohydrate 83g (28% DV), Dietary Fiber 7g (28% DV), Sugars 45g,
Protein 10g, Vitamin A (15% DV), Vitamin C (0% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Brown Sugar, Butter (cream and salt), Fresh Ground 100% Whole Wheat Flour, Rolled Oats, Raisins, Eggs, Cinnamon, Baking Soda, Salt, Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), Natural Vanilla Flavoring and Nutmeg.
CONTAINS: WHEAT, MILK AND EGG

DOUBLE CHOCOLATE CHIP COOKIE

Nutrition Facts Serving Size 1 Cookie 5oz (141g),
Servings Per Container 1, Amount Per Serving: **Calories** 620,
Calories from Fat 270, **Total Fat** 30g (46% DV), Saturated Fat 18g (90% DV),
Trans Fat 0.5g, **Cholesterol** 70mg (23% DV), **Sodium** 420mg (18% DV),
Total Carbohydrate 83g (28% DV), Dietary Fiber 7g (28% DV), Sugars 53g,
Protein 9g, Vitamin A (10% DV), Vitamin C (0% DV), Calcium (10% DV),
Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Brown Sugar, Butter (cream and salt), Chocolate Chips (sugar, chocolate liquor, cocoa butter and soy lecithin), Fresh Ground 100% Whole Wheat Flour, Rolled Oats, White Chocolate Chips, Eggs, Water, Cocoa Powder, Salt, Baking Soda and Baking Powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate).
CONTAINS: WHEAT, MILK, SOY AND EGG

TREK BARS

Nutrition Facts Serving Size 1/2 Bar 3oz (89g),
Servings Per Container 2, Amount Per Serving: **Calories** 370,
Calories from Fat 140, **Total Fat** 15g (23% DV), Saturated Fat 1.5g (8% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV),
Total Carbohydrate 51g (17% DV), Dietary Fiber 6g (24% DV), Sugars 29g,
Protein 11g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV),
Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Natural Peanut Butter (shelled peanuts and salt), Honey, Rolled Oats, Dried Cranberries, Raisins, Dried Apricots, Oat Bran, Wheat Bran, Millet, 9 Grain Mix (Barley, Buckwheat, Corn, Flax, Millet, Oats, Red Wheat, Rye, and White Wheat), Sunflower Seeds, Sesame Seeds, Natural and Artificial Vanilla Flavoring and Cinnamon.
CONTAINS: WHEAT AND PEANUTS

GREAT HARVEST REGULAR GRANOLA

Nutrition Facts Serving Size 1/2 Cup 2oz (56g),
Servings Per Container About 16, Amount Per Serving: **Calories** 240,
Calories from Fat 80, **Total Fat** 9g (14% DV), Saturated Fat 0.5g (3% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 0mg (0% DV),
Total Carbohydrate 34g (11% DV), Dietary Fiber 4g (16% DV), Sugars 14g,
Protein 6g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (4% DV),
Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Rolled Oats, Raisins, Honey, Canola Oil, Sunflower Seeds,
Almonds, Molasses (pure cane juice), Brown Sugar, Cinnamon and Natural
Vanilla Flavoring.

CONTAINS: ALMONDS

GROOVY GRANOLA

Nutrition Facts Serving Size 1/2 Cup 2oz (56g),
Servings Per Container About 12, Amount Per Serving: **Calories** 250,
Calories from Fat 120, **Total Fat** 14g (22% DV), Saturated Fat 3g (15% DV),
Trans Fat 0g, **Cholesterol** 0mg (0% DV), **Sodium** 20mg (1% DV),
Total Carbohydrate 30g (10% DV), Dietary Fiber 3g (12% DV), Sugars 15g,
Protein 6g, Vitamin A (0% DV), Vitamin C (0% DV), Calcium (2% DV),
Iron (10% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Rolled Oats, Honey, Coconut, Raisins, Sunflower Seeds,
Cashews, Canola Oil, Almonds, Sesame Seeds, Dried Apricots, Dried
Cranberries, and Dried Cherries.

CONTAINS: COCONUT, CASHEWS AND ALMONDS

SHORTBREAD COOKIE

Nutrition Facts Serving Size 1 Cookie 1oz (32g),
Servings Per Container 8, Amount Per Serving: **Calories** 160,
Calories from Fat 80, **Total Fat** 9g (14% DV), Saturated Fat 6g (30% DV),
Trans Fat 0g, **Cholesterol** 25mg (8% DV), **Sodium** 65mg (3% DV),
Total Carbohydrate 17g (6% DV), Dietary Fiber 0g (0% DV), Sugars 5g,
Protein 2g, Vitamin A (6% DV), Vitamin C (0% DV), Calcium (0% DV),
Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie
diet.

INGREDIENTS: Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin,
Iron, Thiamine, Mononitrates, Riboflavin, Folic Acid), Butter (cream and salt) and
Sugar.

CONTAINS: MILK