

Nature's Own Whitewheat Buns

♦ Whitewheat Hot Dog Buns (NATURES OWN)

PANEL NUMBER: 1378-02

	Weight:	12 (oz Co	ount:	8
Nutri	tion	F a	cts		
Serving Size	e 1 Bun (4	3g/1.50	oz)		
Servings Per		_	,		
Amount Pe					
Calories 90	- 0		Calories	from	Ect 15
Calones 90					
Total Fot 1	<i>E</i> ~			% Dany	Value * 2%
Total Fat 1.	_				
Saturated					0%
Trans Fat					
Polyunsat	urated Fa	t 1g			
Monouns	aturated F	at 0g			
Cholesterol	0mg				0%
Sodium 190	mg				8%
Total Carbo	ohydrate	18g			6%
Dietary F	iber 4g				17%
Sugars 2g	<u> </u>				
Protein 5g					
Vitamin A	0%		Vitamin (~	0%
Calcium	25%		Iron		15%
Thiamin	20%		Riboflavi	n	20%
Niacin	15%		Folic Aci	d	10%
* Percent Dai					
or lower de			nay be high orie needs:	er	
		lories	2,000	2	,500
Total Fat	Le	ss than	65g	8	0g
Sat Fat	Le	ss than	20g	2	5g
Cholesterol	Le	ss than	300mg		00mg
Sodium		ss than	2,400mg		,400mg
Total Carbohy	drate		300g		75g
Fiber			25g	3	0g

	Weight:	14 o	<u>z</u> Cour	nt: 8
Nutri	tion	Fa	cts	
Serving Siz	e 1 Bun (5	ეთ/1 გი	7)	
Servings Pe	*	_	-2)	
Amount Pe				
			C-1	E.4. 16
Calories 10	0		Calories fro	
			%Γ	Daily Value
Total Fat 2	g			3%
Saturated	Fat .5g			3%
Trans Fa	: 0g			
Polyunsa	turated Fa	t 1g		
Monouns	aturated F	at Og		
Cholestero				0%
Sodium 23				9%
Total Carb		21g		7%
Dietary F		- 0		20%
Sugars 2				
Protein 5g	5			
	_			
Vitamin A	0%		Vitamin C	0%
Calcium	25%		Iron Riboflavin	15%
Thiamin Niacin	15%		Folic Acid	20%
* Percent Da		e hased o		10%
calorie diet	. Your daily	values n	nay be higher	
or lower d	epending on	your cal	orie needs:	
		lories	2,000	2,500
Total Fat		ss than		80g
Sat Fat		ss than	20g	25g
Cholesterol		ss than	300mg	300mg
Sodium		ss than	2,400mg	2,400mg
Total Carbohy	drate		300g	375g
Fiber			25g	30g

☐ Whitewheat Hamburger Buns (NATURES OWN)

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, SUGAR, FIBER (SOY FIBER AND/OR COTTONSEED FIBER), WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM SULFATE, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, SOY FLOUR, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, GUAR GUM, VINEGAR, FERROUS SULFATE, THIAMIN HYDROCHLORIDE, MONOCALCIUM, PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN

30ct Hamburger Buns Plain and Seeded

4" Hamburger Bun

PANEL NUMBER: 1258-52

V	Veight:	62 oz	Co	unt:	30
Nutrit	tion	Fa	cts		
Serving Size	1 Roll (59g/2.1d	oz)		
Servings Per		•	,		
Amount Per					
Calories 150		<u> </u>	Calories 1	from	Fat 15
			%	Daily	Value *
Total Fat 2g					3%
Saturated I	Fat .5g				3%
Trans Fat (
Polyunsatu		at 1g			
Monounsa					
Cholesterol (<u> </u>			0%
Sodium 280r					11%
Total Carbo		e 30g			10%
Dietary Fil					6%
Sugars 3g	301 18				
Protein 6g					
Vitamin A	0%		Vitamin C		0%
Calcium	4%		Iron		10%
Carciani	170		11011		1070
Thiamin	30%		Riboflavin	ı	25%
Thiamin Niacin	30%		Riboflavin Folic Acid		25% 15%
Niacin * Percent Daily	20% Values a		Folic Acid	1	
Niacin * Percent Daily calorie diet.	20% Values a Your dail	ly values r	Folic Acid on a 2,000 nay be highe	1	
Niacin * Percent Daily	20% Values a Your dail pending or	ly values r	Folic Acid on a 2,000 nay be highe	l r	
Niacin * Percent Daily calorie diet.	20% y Values a Your dail pending of C	ly values r n your cale	Folic Acid on a 2,000 nay be highe orie needs:	r 2	15%
Niacin * Percent Daily calorie diet. or lower dep	20% y Values a Your dail pending or C	ly values r n your calo alories	Folic Acid on a 2,000 nay be highe orie needs: 2,000	r 2,	15%
Niacin * Percent Daily calorie diet. or lower dep Total Fat	20% y Values a Your dail pending or C L	ly values r n your calo alories ess than	Folic Acid on a 2,000 nay be highe orie needs: 2,000 65g	2. 80 2:	15% 500 Og
Niacin * Percent Daily calorie diet. or lower dep Total Fat Sat Fat	20% y Values a Your dail pending of L L L	ly values r n your calcalories ess than ess than	Folic Acid on a 2,000 nay be highe orie needs: 2,000 65g 20g	r 2,80 2:30 30	15% .500 Og 5g
Niacin * Percent Daily calorie diet. or lower dep Total Fat Sat Fat Cholesterol	20% y Values a Your dail bending of L L L	ly values r n your calcalories ess than ess than ess than	Folic Acidon a 2,000 may be higher prie needs: 2,000 65g 20g 300mg	2, 86 2; 30 2,	15% 500 Og 5g 00mg

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

Sunbeam Sandwich 24oz Giant

Package weight: 24 oz Units per container: 1

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- 1	
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	BREAD IS A LOW FAT, CHOI ESTEROD FREE FOOD SEE SIDE PANEL FOR NUTRITION INFORMATION
	COL
	Sunbeam
	GIANT
	NET WT. 24 OZ. (1 LB. 8 OZ.) (680g)
	- Japan

Nutrition Facts 24oz Giant

2 Slices (49 g/ 1.6 oz) Servings Per Container Amount Per Serving 2 Slices Calories 130 60 Calories from Fat 15 % DAILY VALUE ** Total Fat 1.5 q 0 g 0 g Polyunsaturated Fat 1 g <mark>0</mark> g Cholesterol 0 mg % Sodium 260 mg 11 % 5 % **Total Carbohydrate 26** g 9 % 4 % 3 % 0 % Dietary Fiber Less than 1 g Sugars 3 g 4 q Protein 2 % 0 % 4 % Thiamin 15 % 8 % Riboflavin 8 % 4 % Niacin 10 % 4 % Folic Acid 6 % 15 % ** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, SOYBEAN OIL, WHEAT GLUTEN, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE, ENZYMES), SOY FLOUR, YEAST FOOD (AMMONIUM SULFATE), MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, SOY LECITHIN, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

12pk 4" Individual Hamburger Buns

Package weight: 20 oz. Units per container: 12

		_			
Nutrit	Nutrition Facts				
Serving Size 1 Bun (47g/1.7oz)					
Servings Per	· Contain	er 12			
Amount Per					
Calories 120			Calories fro	m Fot 15	
Calonies 120)				
	,		% I	Daily Value*	
Total Fat 1.5				2%	
Saturated	Fat .5g			3%	
Trans Fat	0g				
Polyunsat	urated Fa	at .5g			
Monouns	aturated 1	Fat 0g			
Cholesterol	Omg			0%	
Sodium 230	mg			9%	
Total Carbohydrate 24g 89				8%	
Dietary Fiber 1g			4%		
Sugars 2g					
Protein 5g					
Vitamin A	0%	*	Vitamin C	0%	
Calcium	4%	*	Iron	10%	
Thiamin	20%	*	Riboflavin	20%	
Niacin	15%	*	Folic Acid	10%	
* Percent Dail					
or lower de	nour daily nending on	values ii vour cal	nay be higher orie needs:		
	_	alories	2,000	2,500	
Total Fat	Le	ess than	65g	80g	
Sat Fat	Le	ess than	20g	25g	
Cholesterol	Le	ess than	300mg	300mg	
Sodium		ess than	2,400mg	2,400mg	
Total Carbohyo			300g	375g	
Dietary Fib	er		25g	30g	



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

8pk Hamburger Buns

8 Pack Bonus Hamburger Buns **PANEL NUMBER:** 1259-05

Weight: 15 oz Count: 8

Nutrition Facts

Serving Size 1 Roll (53g/1.9oz) Servings Per Container 8

Amount Per Serving	
Calories 140	Calories from Fat 25
	%Daily Value *
Total Fat 3g	4%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat 1.5g	
Monounsaturated Fat .5g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	5%
Sugars 2g	

Protein 6g

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	15%
Thiamin	20%	Riboflavin	15%
Niacin	8%	Folic Acid	15%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

_	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, SALT, DOUGH CONITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN, IF SEEDED, SESAME

16ct Hot Dog Buns

\ 16 Pack Hot Dog Buns PANEL NUMBER: 1258-07

Weight: ______ 22 oz Count: _____ 16

Nutrition Facts

Serving Size 1 Bun (39g/1.4oz)

Servings Per Container 16

Amount Per Serving	
Calories 100	Calories from Fat 10
	%Daily Value *
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	

Protein 4g

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	8%
Thiamin	20%	Riboflavin	15%
Niacin	10%	Folic Acid	10%
* Parcent Da	ily Values are b	asad on a 2 000	

^{*} Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

or to wer dependin	ig oir jour cur	orre meeds.	
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

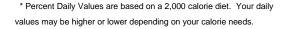
Texas Toast

Package weight: 24 oz. Units per container: 1

Nutrition Facts

Serving Size 1 Slice (36 g/ 1.3 oz) Servings Per Container 19

Calories	100	Calor	es fro	om Fat	10	
				% DAIL	Y VALUE *	ŧ
Total Fat		1	g		2	%
Saturated Fat		0	g		0	%
Trans Fat		0	g			
Polyunsaturated Fa	at	0.5	g			
Monounsaturated F	at	0	g			
Cholesterol		0	mg		0	%
Sodium		190	mg		8	%
Total Carbohydrate		19	g		6	%
Dietary Fiber		Less than 1	g		2	%
Sugars		2	g			
Protein		3	q			
Vitamin A		0	%	Vitamin C	0	%
Calcium		2	%	Iron	6	%
Thiamin		10	%	Riboflavin	6	%
Niacin		6	%	Folic Acid	10	%



	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, SOYBEAN OIL, WHEAT GLUTEN, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE, ENZYMES), SOY FLOUR, YEAST FOOD (AMMONIUM SULFATE), MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, SOY LECITHIN, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

Nature's Own 100% Whole Wheat Bread

Package weight: 20 oz Units per container: 1

Nutrition Facts

Serving Size 1 Slice (26g/.9oz)

Servings Per	Container 22	,	
Amount Per			
Calories 50		Calories fro	om Fat 10
		% D	aily Value *
Total Fat 1g	ξ		1%
Saturated			0%
Trans Fat			
	urated Fat 0g		
	aturated Fat 0g		
Cholesterol			0%
•			5%
Sodium 115			
	hydrate 10g		3%
Dietary Fi	iber 2g		8%
Sugars 1g			
Protein 4g			
Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	2%
Thiamin	6%	Riboflavin	6%
Niacin	10%	Folic Acid	4%
calorie diet.	y Values are based o Your daily values r pending on your cal	nay be higher orie needs:	
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohyo	lrate	300g	375g
Fiber		25g	30g



INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, BROWN SUGAR, YEAST, WHEAT GLUTEN, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM, PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN

12pk White Hot Dog Buns

Package weight: 16 oz. Units per container: 12

Nutrition Facts

Serving Size 1 Bun (38g/1.3oz) Servings Per Container 12

Amount Per Serving	
Calories 100	Calories from Fat 10
	% Daily Value *
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 2g	

Protein 4g

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	8%
Thiamin	20%	Riboflavin	15%
Niacin	10%	Folic Acid	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

12pk Wheat Hamburger Bun

Package weight: 24 oz. Units per container: 12

Nutrition Facts Report

Serving Size: 1 bun (52g/ 1.8oz) Servings per container: 12

Nutrient	Values	Unit	% Daily Value
Calories	140	kcal	
Calories From Fat	15	kcal	
Total Fat	1.5	g	2 %
Saturated Fat	0	g	0 %
Trans Fat	0	g	
Cholesterol	0	mg	0 %
Sodium	240	mg	10 %
Total Carbohydrate	29	g	10 %
Dietary Fiber	2	g	8%
Sugars	4	g	
Protein	5	g	
Vitamin A			0 %
Vitamin C			0 %
Calcium			4 %
Iron			8 %

4" Wheat Hamburger Bun F71 -- 56591

Ingredients: ENRICHED BLEACHED FLOUR (BLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, contains less than 2 % of each of the following: SOYBEAN OIL, VITAL WHEAT GLUTEN, WHEAT BRAN, WHOLE WHEAT FLOUR, WHEAT FLOUR, SALT, SOY FIBER, MONOGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CARAMEL COLOR, ETHOXYLATED VEGETABLE MONO- & DIGLYCERIDES, CALCIUM STEAROYL-2 LACTYLATE, CALCIUM SULFATE, SOY FLOUR, SODIUM STEAROYL LACTYLATE, ENZYMES, AZODICARBONAMIDE.

Cobblestone Mill 6pk Seeded Steak Rolls

Package weight: 15 oz. Units per container: 6

Serving Size 1 Bun (71g/2.5oz) Servings Per Container 6 Amount Per Serving Calories 180 Calories from Fat 20	Nutri	tion Fa	cts	
Calories 180 Calories from Fat 20				
Calories 180 Calories from Fat 20	· ·	, ,)L)	
Calories from Fat 20 Kalories from Fat 20 Total Fat 2.5g 4% Saturated Fat 1g Monounsaturated Fat 1g Monounsaturated Fat 1g Monounsaturated Fat 0g Cholesterol 0mg 0% Sodium 340mg 14% Total Carbohydrate 36g 12% Dietary Fiber 2g 7% Sugars 4g Protein 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium	Scrvings i C	a Container o		
Total Fat 2.5g	Amount Po	er Serving		
Total Fat 2.5g 4% Saturated Fat 1g Polyunsaturated Fat 1g Monounsaturated Fat 0g Cholesterol 0mg 0% Sodium 340mg 14% Total Carbohydrate 36g 12% Dietary Fiber 2g 7% Sugars 4g 7% Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 2,400mg 3,400mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Calories 18	60	Calories fro	om Fat 20
Saturated Fat 1g			% Г	Daily Value *
Trans Fat 0g	Total Fat 2	2.5g		4%
Trans Fat 0g	Saturated	Fat 1g		4%
Polyunsaturated Fat 1g Monounsaturated Fat 0g Cholesterol 0mg 0% Sodium 340mg 14% Total Carbohydrate 36g 12% Dietary Fiber 2g 7% Sugars 4g Protein 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g 375g		-		
Monounsaturated Fat 0g Cholesterol 0mg 0% Sodium 340mg 14% Total Carbohydrate 36g 12% Dietary Fiber 2g 7% Sugars 4g 7% Vitamin 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				
Cholesterol 0mg 0% Sodium 340mg 14% Total Carbohydrate 36g 12% Dietary Fiber 2g 7% Sugars 4g 7% Vitamin 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				
Sodium 340mg 14% Total Carbohydrate 36g 12% Dietary Fiber 2g 7% Sugars 4g Protein 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				00/2
Total Carbohydrate 36g 12% Dietary Fiber 2g 7% Sugars 4g Protein 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				
Dietary Fiber 2g 7% Sugars 4g Protein 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				_
Sugars 4g Protein 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				
Protein 7g Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g				7%
Vitamin A 0% Vitamin C 0% Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Sugars 4	<u> </u>		
Calcium 6% Iron 15% Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Protein 7g			
Thiamin 35% Riboflavin 30% Niacin 20% Folic Acid 15% * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	Vitamin A	0%	Vitamin C	0%
Niacin20%Folic Acid15%* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories2,0002,500Total FatLess than65g80gSat FatLess than20g25gCholesterolLess than300mg300mgSodiumLess than2,400mg2,400mgTotal Carbohydrate300g375g	Calcium	6%	Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g		7		_
calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g 375g				15%
or lower depending on your calorie needs: Calories 2,000 2,500 Total Fat Less than 65g 80g Sat Fat Less than 20g 25g Cholesterol Less than 300mg Sodium Less than 2,400mg Total Carbohydrate 300g 375g				
Total Fat Sat FatLess than Less than65g 20g80g 25gCholesterolLess than Less than300mg300mgSodiumLess than2,400mg2,400mgTotal Carbohydrate300g375g			orie needs:	_
Sat Fat Less than 20g 25g Cholesterol Less than 300mg 300mg Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g		Calories	2,000	2,500
CholesterolLess than300mg300mgSodiumLess than2,400mg2,400mgTotal Carbohydrate300g375g			U	C
Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300g 375g	~		-	-
Total Carbohydrate 300g 375g	011010010101	2000 111111	•	-
			_	_
	•	aran	25g	30g



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

Nature's Own Whitewheat Bread

♦ White Wheat Bread (NATURES OWN) **PANEL NUMBER:** 1378-04

> Weight: 20 oz Count: 22

Nutrition Facts

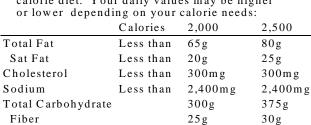
Serving Size 2 Slices (52g/1.8oz)

Servings Per Container 11

Amount Per Serving	
Calories 100	Calories from Fat 15
	% Daily Value *
Total Fat 2g	3 %
Saturated Fat .5g	3 %
Trans Fat 0g	
Polyunsaturated Fat	1 g
Monounsaturated F	at 0g
Cholesterol 0mg	0 %
Sodium 230mg	10%
Total Carbohydrate	22g 7%
Dietary Fiber 5g	18%
Sugars 2g	

Protein 6g

Vitamin A	0%	Vitamin	C 0%		
Calcium	30%	Iron	20%		
Thiamin	20%	Riboflav	in 20%		
Niacin	15%	Folic Ac			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories 2,000 2,500					
Total Fat		s than 65g	80g		
Sat Fat Cholesterol	Less	s than 20g s than 300mg	25 g 300 m g		
		-	_		





INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR, FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, SUGAR, FIBER (SOY FIBER AND/OR COTTONSEED FIBER), WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM SULFATE, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, SOY FLOUR, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, GUAR GUM, VINEGAR, FERROUS SULFATE, THIAMIN HYDROCHLORIDE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN

24oz Wheat Sandwich Bread

Package weight: 24 oz. Units per container: 1

-	Slice (28 g/ 1.0 oz)		
Servings Per Container	24		
Amount Per Servin	g		
Calories	70 Calorie	s from Fat	5
		% DA	ILY VALUE *
Total Fat	0.5 g		1
Saturated Fat	0 g		0
Trans Fat	0 g		<u></u>
Polyunsaturated Fat	0 g		
Monounsaturated Fa	at 0 g		
Cholesterol	0 m	ıg	0
Sodium	125 m	ıg	5
Total Carbohydrate	15 g		5
Dietary Fiber	Less than 1 g		4
Sugars	2 g		
Protein	3 g		
Vitamin A	0	% Vitamin C	0
Calcium	0	% Iron	6
Thiamin	10	% Riboflavin	4
Niacin	6	% Folic Acid	8
Calcium Thiamin	0 10 10 6	% Vitamin C % Iron % Riboflavin % Folic Acid	6 4 8
values may be higher or	lower depending on Calories:	your calorie need	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Loos man	300g	375g
		ooog	0,09

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HONEY, HIGH FRUCTOSE CORN SYRUP, WHOLE WHEAT FLOUR, RYE FLOUR, WHEAT BRAN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, SALT, SOYBEAN OIL, VINEGAR, CULTURED WHEAT FLOUR, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE), YEAST FOOD (AMMONIUM SULFATE), MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, ENZYMES, SOY FLOUR, SOY LECITHIN

Package weight: 16 oz Units per container: 1

Honey Wheat Buns (NATURES OWN) **PANEL NUMBER: 1379-02**

Weight: 15 oz Count: 8

Nature's Own Honey Wheat Buns

Nutri	tion Fa	cts	
Serving Size	e 1 Bun (53g/1.9	oz)	
Servings Per	r Container 8		
Amount Per	r Serving		
Calories 13		Calories fro	om Fat 15
		%D	aily Value *
Total Fat 1.	.5g		3%
Saturated	Fat 1g		4%
Trans Fat			
Polyunsat	turated Fat .5g		
	aturated Fat 0g		
Cholesterol			0%
Sodium 230			10%
	ohydrate 26g		9%
Dietary F	·		4%
Sugars 3g	<u> </u>		
Protein 6g			
Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	10%
Thiamin	15%	Riboflavin	15%
Niacin	15%	Folic Acid	15%
calorie diet.	ly Values are based Your daily values epending on your ca	may be higher lorie needs:	2.500
Total Fat	Calories	2,000	2,500
Sat Fat	Less than	65g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohy		300g	375g
Fiber		25g	30g



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HONEY, SUGAR, WHOLE WHEAT FLOUR, RYE FLOUR, WHEAT GLUTEN, WHEAT BRAN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOY FLOUR, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, VINEGAR, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN

24ct Seeded Steak Buns

Package weight: 64 oz Units per container: 24

	acts	n Fa	itio	Nutri
	oz)	76g/2.7d	e 1 Bun (7	Serving Size
		er 24	r Contain	Servings Pe
		7	r Serving	Amount Pe
om Fat 20	Calories fro	5		Calories 19
			, O	Calones 17
aily Value * 4%	%D		- 5α	Total Fat 2
4%				Saturated
				Trans Fat
			turated Fa	
		Fat 0g	saturated F	Monouns
0%			l 0mg	Cholesterol
15%			0mg	Sodium 360
13%		39g	ohydrate	Total Carb
7%			Fiber 2g	Dietary F
			<u> </u>	Sugars 4g
				Protein 7g
0%	Vitamin C	*	0%	Vitamin A
15%	Iron	*	6%	Calcium
30%	Riboflavin	*	35%	Thiamin
20%	Folic Acid	*	25%	Niacin
	nay be higher	y values n		
2,500	2,000	alories		
80g	65g	ess than	2.	Total Fat
25g	20g	ess than		Sat Fat
300mg	300mg	ess than		Cholesterol
2,400mg	, ,	ess tnan		
375g 30g	υ			,
	2,400mg 300g 25g	ess than	drate	Sodium Total Carbohy Dietary Fil

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

Nature's Own 24oz Whitewheat Sandwich Bread

0 White Wheat Bread (NATURES OWN)

PANEL NUMBER: 1378-05

Weight: 24 oz Count: 24

Nutrition Facts

Serving Size 2 Slices (56g/2oz)

Servings Per Container 12

Amount Per Serving	9
Calories 110	Calories from Fat 20
	% Daily Value *
Total Fat 2g	3%
Saturated Fat .5g	3%
Trans Fat 0g	
Polyunsaturated Fa	t 1g
Monounsaturated F	at 0g
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate	e 23g 8%
Dietary Fiber 5g	20%
Sugars 2g	

		ւ 6	
_	 	 - ~	~

	-		
Vitamin A	0%	Vitamin C	0%
Calcium	30%	Iron	20%
Thiamin	25%	Riboflavin	25%
Niacin	20%	Folic Acid	10%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

or lower depend	ing on your	carorie needs	•
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, SUGAR, FIBER (SOY FIBER AND/OR COTTONSEED FIBER), WHEAT GLUTEN, YEAST. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING:

CALCIUM SULFATE, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, SOY FLOUR, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, GUAR GUM, VINEGAR, FERROUS SULFATE, THIAMIN HYDROCHLORIDE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN

White Sub Rolls

Package weight: 18 oz. Units per container: 6

Nutrition Facts

Serving Size 1 ROLL (85 G/ 3.0 OZ)

Servings Per Container 6

Calories	220	Calories fror	n Fat	20	
			% DAILY \	/ALUE *	
Total Fat		2 g		3	%
Saturated Fat		0.5 g		3	%
Trans Fat		0 g			
Polyunsaturated Fat		0.5 g			
Monounsaturated Fat	:	0.5 g			
Cholesterol		0 mg		0	%
Sodium		470 mg		20	%
Total Carbohydrate		43 g		14	%
Dietary Fiber		2 g		8	%
Sugars		4 g			
Protein		8 g			
Vitamin A		0 %	Vitamin C	0	%
Calcium		15 %	Iron	15	%



^{*} Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, NIACIN,, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR, LESS OF EACH OF THE FOLLOWING:SALT, SOYBEAN OIL, YELLOW, CORN MEAL, CALCIUM STEAROYL-2 LACTYLATE, SODIUM STEAROYL, LACTYLATE, MONOCALCIUM PHOSPHATE, AMMONIUM, SULFATE, CALCIUM STEARATE, WHEAT STARCH, CALCIUM, SULFATE, CALCIUM PEROXIDE, AZODICARBONAMIDE, CALCIUM PROPIONATE (TO PRESERVE FRESHNESS)

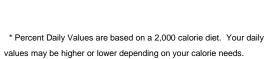
Package weight: 16 oz Units per container: 1

Nature's Own Honey Wheat Bread

BREAD, HONEY WHEAT (NATURES OWN)

Nutrition Facts

Serving Size	Slice (26 g/ 0.9 oz)	
Servings Per Container	22	
Amount Per Servin	α	
Calories	70 Calories from Fat 5	
	% DAILY VALUE	*
Total Fat	0.5 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fa	at 0 g	
Cholesterol	0 mg	0 %
Sodium	120 mg	5 %
Total Carbohydrate	14 g	5 %
Dietary Fiber	Less than 1 g	4 %
Sugars	2 g	
Protein	2 g	
Vitamin A	0 % Vitamin C	0 %
Calcium	0 % Iron	6 %
Thiamin	10 % Riboflavin	4 %
Niacin	6 % Folic Acid	6 %



Calories:	2,000	2,500
Less than	65g	80g
Less than	20g	25g
Less than	300mg	300mg
Less than	2,400mg	2,400mg
	300g	375g
	25g	30g
	Less than Less than Less than	Less than 65g Less than 20g Less than 300mg Less than 2,400mg 300g



INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, MALTITOL, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS: BUTTER, SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROCIDE, ETHOXYLATED MONO AND DIEGLYCERIDES, DATEM, AZODICARBONAMIDE), CULTERED WHEAT FLOUR, VINEGAR, NATURAL FLAVORS, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, SOY LECITHIN.

Whitewheat 12ct Dinner Roll

¬White Wheat Dinner Roll (NATURES OWN)

PANEL NUMBER: 1378-01 Weight: 15 oz Count: 12 Nutrition Facts Serving Size 1 Roll (35g/1.3oz) Servings Per Container 12 **Amount Per Serving** Calories 70 Calories from Fat 10 %Daily Value * Total Fat 1.5g 2% Saturated Fat 0g 0% Tans Fat 0g Polyunsaturated Fat .5g Monounsaturated Fat 0g 0% **Cholesterol 0mg** Sodium 160mg **7% Total Carbohydrate 15g** 5% Dietary Fiber 3g 14% Sugars 1g Protein 4g Vitamin A 0% Vitamin C 0% Calcium 20% 10% Thiamin 15% Riboflavin 15% Niacin 10% Folic Acid 8%

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, SUGAR, FIBER (SOY FIBER AND/OR COTTONSEED FIBER), WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM SULFATE, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, SOY FLOUR, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, GUAR GUM, VINEGAR, FERROUS SULFATE, THIAMIN HYDROCHLORIDE, MONOCALCIUM, PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories

Less than

Less than

Less than

Less than

Total Fat

Sat Fat

Sodium

Fiber

Cholesterol

Total Carbohydrate

2.000

65g

20g

300mg

300g

25g

2,400mg

2,500

80g

25g

375g

30g

300mg

2,400mg

Sunbeam 24ct Dinner Roll

26 oz

Count:

24

Unsliced Sheet Bun (Dinner Roll)
PANEL NUMBER: 1258-49

Weight:

_	e 1 Bun (31g		
Servings Pe	r Container	24	
Amount Pe	er Serving		
Calories 80)	Calories from	m Fat 10
		%	Daily Valu
Total Fat 1	g		2%
Saturated	Fat 0g		0%
Polyunsa	turated Fat 0	g	
Monouns	saturated Fat	0g	
Cholestero	l Omg		0%
Sodium 150	Omg		6%
Total Carb	ohydrate 16	g	5%
Dietary F	Fiber 1g		3%
Sugars 2g	g		
Protein 3g	-		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
Thiamin	15%	Riboflavin	10%
Niacin	10%	Folic Acid	8%

Calories

Total Fat

Sat Fat

Sodium

Cholesterol

Total Carbohydrate

Less than

Less than

Less than

Less than

2,000

65g

20g

300mg

300g

25g

2,400mg

2,500

80g

25g

300mg

375g

30g

2,400mg

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

Sunbeam Sandwich Thin 20oz Bread

Package weight: 20oz. Units per container: 1

Serving Size 2 S	lices (47 g/ 1.7 d	oz)				
Servings Per Containe		- ,				
Amount Per Serving			2 Sli	ces	1.5	Slic
Calories			130		60	
Calories from	Fat		15		5	
			%	DAIL	Y VALU	E *
Total Fat	1.5 g		2	%	1	%
Saturated Fat	<mark>0</mark> g		0	%	0	%
<i>Trans</i> Fat	<mark>0</mark> g					
Polyunsaturated F	at 0.5 g					
Monounsaturated	Fat 0 g					
Cholesterol	0 mg		0	%	0	%
Sodium	250 mg		11	%	5	%
Total Carbohydrate	25 g		8	%	4	%
Dietary Fiber	Less than 1 g		3	%	0	%
Sugars	3 g					
Protein	4 g					
Vitamin A			0	%	0	%
Vitamin C			0	%	0	%
Calcium			2	%	0	%
Iron			8	%	4	%
Thiamin			15	%	8	%
Riboflavin			8	%	4	%
Niacin			8	%	4	%
Folic Acid			15	%	6	%
** Percent Daily Valuvalues may be higher					•	
Total Fat	Less than	65g			80g	
Sat. Fat	Less than	20g			25g	
Cholesterol	Less than	300mg			300mg	
Sodium	Less than	2,400mg			2,400m	
Total Carbohydrate		300g			375g	J
		9			5	

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, SOYBEAN OIL, WHEAT GLUTEN, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE, ENZYMES), SOY FLOUR, YEAST FOOD (AMMONIUM SULFATE), MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, SOY LECITHIN, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

Package weight: 11 oz. Units per container: 12

8pk Bonus Hot Dog Buns

Nutrition Facts

Serving Size 1 Bun (39g/1.4oz)

Servings Per Container 8

Amount Per Serving	
Calories 100	Calories from Fat 10
	%Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Sugars 2g	

Protein 4g

Vitamin A	0%	Vitamin C	0%
Calcium	4%	Iron	8%
Thiamin	20%	Riboflavin	15%
Niacin	10%	Folic Acid	10%

^{*} Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g



INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHI. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

20ct Wheat Hamburger Buns

Package weight: 20oz. Units per container: 1

Wheet 4 1/2" Heathursen Dune

Wheat 4 1/2" Panel #	Hamburger 142501	Buns		
	Weight:	(oz Coun	t: <u>20</u>
Nutr	itio	n F	acts	
Serving Siz	ze 1 Bun (82.ø/2. 9a	oz)	
Serving Sha		_	32)	
Amount P		g		
Calories 1	80		Calories fro	om Fat 30
			% D	aily Value
Total Fat 3	3.5g			5%
Saturate	d Fat 1g			5%
Trans Fe				
	aturated F	at 2σ		
	saturated			
		rai .Jg		00/
Cholestero				0%
Sodium 37				15%
Total Carl	oohydrate	e 32g		11%
Dietary 1	Fiber 6g			25%
Sugars 3	g			
Protein 13	g			
Vitamin A	0%	*	Vitamin C	0%
Calcium	10%	*	Iron	69
Thiamin	15%	*	Riboflavin	20%
Niacin	30%	*	Folic Acid	109
* Percent Da			on a 2,000 may be higher	
	depending of			
	C	alories	2,000	2,500
Total Fat	L	ess than	65g	80g
Sat Fat		ess than	20g	25g
Cholesterol	_	ess than	300mg	300mg
Sodium		ess than	2,400mg	2,400mg
Total Carboh	•		300g	375g
Dietary F	iber		25g	30g

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, WHOLE WHEAT FLOUR, YEAST. CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, WHEAT GLUTEN, SALT, WHEAT BRAN, DOUGH CONDITIONERS (MONOGLYCERIDES, DATEM, CALCIUM PEROXIDE, SODIUM STEAROYL LACTYLATE, AZODICARBONAMIDE, SORBIC ACID), SOY FLOUR, CARAMEL (COLOR), CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

7" Flour Tortillas

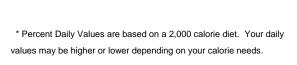
Package weight: 28 oz. Units per container: 20

Nutrition Facts

Serving Size 1 TORTILLA (40 G/ 1.4 OZ)

Servings Per Container 20

Calories 12	20 Calo	ries fror	n Fat	30	
			% DAILY	VALUE *	ŀ
Total Fat	3	g		5	%
Saturated Fat	1.5	g		8	%
Trans Fat	0	g			
Polyunsaturated Fat	0	g			
Monounsaturated Fat	1	g			
Cholesterol	0	mg		0	%
Sodium	330	mg		14	%
Total Carbohydrate	20	g		7	%
Dietary Fiber	Less than 1	g		3	%
Sugars	Less than 1	g			
Protein	3	g			
Vitamin A	6	%	Vitamin C	0	%
Calcium	8	%	Iron	6	%



	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WHEY (MILK), NONFAT MILK, WATER, PALM OIL, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, LEAVENING (BAKING SODA, SODIUM ALUMINUM PHOSPHATE), DISTILLED MONOGLYCERIDES, DATEM, FUMARIC ACID, ENZYMES, L-CYSTEINE, DEXTROSE PRESERVED WITH CALCIUM PROPIONATE, SORBIC ACID, AND POTASSIUM SORBATE.

6ct Hot Dog Buns

8 Flowers 10" Hot Dog Buns PANEL NUMBER: 1258-29

	Weight:	15 c	o <u>z</u> Co	unt:	6
Nutri	tion	Fa	cts		
Serving Size	e 1 Bun (7	1g/2.5c	oz)		
Servings Per	,	•	,		
Amount Pe	r Serving				
Calories 18	0		Calories f	rom	Fat 20
			%	Daily	Value *
Total Fat 2	.5g			-	4%
Saturated	Fat 1g				4%
Trans Fat	0g				
Polyunsat	turated Fa	t 1g			
Monouns	aturated F	at 0g			
Cholesterol					0%
Sodium 340					14%
Total Carb		36g			12%
Dietary F		<u> </u>			7%
Sugars 4g					
Protein 7g	>				
Vitamin A	0%		Vitamin C		0%
Calcium	6%		Iron		15%
Thiamin	35%		Riboflavin	l	30%
Niacin	20%		Folic Acid		15%
		values r	nay be highe	r	
	Ca	lories	2,000	2,	500
Total Fat		ss than	65g		Og
Sat Fat		ss than	20g		5g
Cholesterol		ss than	300mg		00mg
Sodium Total Carbohy		ss than	2,400mg		400mg
Fiber	urate		300g 25g		75g Og
1 1001			235	٦(5

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

24ct Dinner Roll

♦ 24 Count Dinner Rolls

PANEL NUMBER: 1258-01

oz Cou	unt: 24
acts	
(1oz)	
24	
Calories f	From Fat 10
% I	Daily Value * 1%
	0%
2	
)g	·
	0%
	6%
g	5%
<u> </u>	3%
Vitamin C	0%
, , , , , , , , , , , , , , , , , , , ,	6%
Riboflavin	
Folic Acid	
lues may be higher or calorie needs:	
	2,500
	80g
-	25g
nan 300mg	300mg
an 2.400ma	2.400mc
nan 2,400mg 300g	2,400mg 375g
	Vitamin C Iron Riboflavin Folic Acid ased on a 2,000 lues may be higher ar calorie needs: es 2,000 han 65g han 20g

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

8ct Seeded Sub Roll

J Seeded Sub Rolls

PANEL NUMBER: 1258-25

Weight:	18 oz	Count:	8	
				_
				Π

Nutrition Facts

Serving Size 1 Bun (64g/2.3oz)

Servings Per Container 8

Amount Per Serving	
Calories 160	Calories from Fat 20
	%Daily Value *
Total Fat 2g	3%
Saturated Fat .5g	4%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	6%
Sugars 3g	

Protein 6g

Vitamin A	0%	Vitamin C	0%
Calcium	6%	Iron	15%
Thiamin	30%	Riboflavin	25%
Niacin	20%	Folic Acid	15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: WHEAT GLUTEN, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE), MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN. IF SEEDED, SESAME SEEDS ADDED. IF YELLOW, CONTAINS TURMERIC, PAPRIKA AND CORN FLOUR

Flowers Bread Sticks

Package weight: 27 oz. Units per container: 16

=	STICK (48 G/ 1.7 O	Z)		
Servings Per Container	16			
Amount Per Serving	a			
		from Fat	10	
		% DA	ILY VALUE '	
Total Fat	1 g		1	(
Saturated Fat	0 g		0	
Trans Fat	0 g			
Polyunsaturated Fat	0.5 g			
Monounsaturated Fa	t 0 g			
Cholesterol	0 m	g	0	(
Sodium	260 m	g	11	
Total Carbohydrate	24 g		8	(
Dietary Fiber	Less than 1 g		3	
Sugars	1 g			
Protein	4 g			
Vitamin A	0 %	Witamin C	0	(
Calcium	8 9	6 Iron	8	(
* Percent Daily Values a values may be higher or le			•	
	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, SOYBEAN OIL, WHEAT GLUTEN, CALCIUM STEAROYL-2 LACTYLATE, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, CALCIUM PEROXIDE, AZODICARBONAMIDE, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

Cobblestone Mill 100% Whole Wheat Sub Rolls

Package weight: 18 oz. Units per container: 6

Nutrition Facts

Sugars

Serving Size 1 ROLL (85 G/ 3.0 OZ) Servings Per Container

Amount Per Servin	g			
Calories	220	Calories from Fat	20	
			% DAILY VALUE	+
Total Fat		2.5 g	4	%
Saturated Fat		0.5 g	4	%
Trans Fat		0 g		
Polyunsaturated Fat		0 g		
Monounsaturated Fa	at	0 g		
Cholesterol		0 mg	0	%
Sodium		460 mg	19	%
Total Carbohydrate		44 g	15	%
Dietary Fiber		4 g	16	%

Protein	8 (q		
Vitamin A	0	%	Vitamin C	0 %
Calcium	10	%	Iron	15 %
Thiamin	25	%	Riboflavin	15 %
Niacin	15	%	Folic Acid	20 %

^{*} Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



INGREDIENTS: ENRICHED WHEAT FLOUR (FLOUR, MALTED BARLEY, FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN,, FOLIC ACID), WATER, WHEAT BRAN, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE OLLOWING:, YEAST, SOYBEAN,, OI, SALT, WHOLE WHEAT, YELLOW CORN MEAL, WHEAT GLUTEN, RYE MEAL, BLEACHED FLOUR, BARLEY FLOUR, SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2 LACTYLATE, MONOCALCIUM PHOSPHATE, HONEY, AMMONIUM SULFATE, POLYSORBATE 60, CALCIUM STEARATE, WHEAT, STARCH, MOLASSES, CALCIUM SULFATE, CALCIUM PEROXIDE, AZODICARBONAMIDE, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

Derst Kids Bread

Package weight: 20 oz. Units per container: 1

Nutr	ition E	acts	
Serving Siz	ze 2 Slices (52	g/1.8oz)	
Servings Po	er Container 1	.1	
Amount P	er Serving		
Calories 1		alories fron	n Fat 15
		% Daily	Value *
Total Fat 2	2g	•	3%
Saturated	Fat .5g		3%
Trans Far			
	turated Fat 1g		
	saturated Fat 0	σ	
Cholestero		0	0%
Sodium 23			10%
	oohydrate 22g		7%
Dietary F		•	18%
Sugars 2			1070
Protein 6g			
			0.01
Vitamin A	0%	Vitamin C	0%
Calcium Thiamin	30% 20%	Iron Riboflavin	20%
Niacin	15%	Folic Acid	10%
* Percent Da calorie diet	ily Values are base. Your daily values are base.	sed on a 2,000 les may be hig calorie needs	gher ::
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol Sodium	Less than	300mg 2,400mg	300mg 2,400mg
Total Carboh		2,400mg 300g	2,400mg
Fiber	,	25g	30g
		- 0	- 0

INGREDIENTS: UNBLEACHED ENRICHED WHEAT FLOUR [FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID (A B VITAMIN)], WATER, HIGH FRUCTOSE CORN SYRUP, FIBER (SOY FIBER AND/OR COTTONSEED FIBER), WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: CALCIUM SULFATE, VEGETABLE OIL (SOYBEAN OIL OR CANOLA OIL), SALT, SOY FLOUR, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM IODATE, ETHOXYLATED MONO AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, GUAR GUM, VINEGAR, FERROUS SULFATE, THIAMIN HYDROCHLORIDE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), SOY LECITHIN

Nature's Own Wheat and Double Fiber Sandwich Roll

Package weight: 15 oz. Units per container: 12

Nutritio	n Fa	cts	
Serving Size 1 Bu	ın (39g/1.4c	oz)	
Servings Per Con	tainer 8		
Amount Per Ser	ving		
Calories 80		Calories fr	om Fat 15
		%Γ	Daily Value *
Total Fat 1.5g			3%
Saturated Fat 0	g		0%
Trans Fat 0g			
Polyunsaturate	d Fat 1g		
Monounsaturat	ed Fat 0g		
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohyd	rate 15g		5%
Dietary Fiber 5	ig		20%
Sugars 2g	-		
Protein 6g			
Vitamin A 0%		Vitamin C 0	0%
Calcium 15%		Iron 8%	
* Percent Daily Value calorie diet. Your or lower depending	daily values r	nay be higher	
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

INGREDIENTS: WATER, WHOLE WHEAT FLOUR, WHEAT PROTEIN, MODIFIED FOOD STARCH, SUGAR, FIBER (SOY FIBER AND/OR COTTONSEED FIBER), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM, STEAROYL-2- LACTYLATE, MONOGLYCERIDES, THOXYLATED MONO, AND DIGLYCERIDES, CALCIUM PEROXIDE, DATEM, AZODICARBONAMIDE), SOY FLOUR, CULTURED WHEAT FLOUR, VINEGAR, HYDROCOLLOIDS, CALCIUM CARBONATE, MONOCALCIUM PHOSPHATE, YEAST FOOD (AMMONIUM SULFATE), MINERAL OIL, SOY LECITHIN

Nature's Own 100% Whole Grain Sugar Free Bread

Package weight: 16 oz Units per container: 1

&100% Whole Grain Sugar Free Bread (NO)

PANEL NUMBER: 1244-01

Weight: <u>16 oz</u> Count: <u>18</u>

W	eight: 1	<u>6 oz</u> Co	ount: 18
Nutrition 1	Facts		
Serving Size 1 Sl	ice (25g/.9oz)		
Servings Per Con	tainer 18		
Amount Per Ser	ving		
Calories 50		Calo	ories from Fat 5
		% Dail	ly Value *
Total Fat 1g			1%
Saturated Fat ()g		0%
Trans Fat 0g			
Polyunsaturate	d Fat 0g		
Monounsatura	ted Fat 0g		
Cholesterol 0mg			0%
Sodium 110mg			5%
Total Carbohydrate 11g			4%
Dietary Fiber 2g			7%
Sugars 0g			
Maltitol 1g			
Protein 3g			
Vitamin A	0%	Vitamin (C 0%
Calcium	2%	Iron	2%
Thiamin	4%	Riboflavi	n 2%
Niacin	6%	Folic Acid	d 2%
* Percent Daily			
	•	s may be higher	
or lower deper	nding on your c		
	Calories	2,000	2,500
Total Fat	Less that	n 65g	80g
Sat Fat	Less than	n 20g	25g
Cholesterol	Less that	n 300mg	300mg
Sodium	Less than	n 2,400mg	2,400mg
Total Carbohydra	te	300g	375g
Fiber		25g	30g



INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, MALTITOL, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS: BUTTER, SALT, DOUGH CONDITIONERS (SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROCIDE, ETHOXYLATED MONO AND DIEGLYCERIDES, DATEM, AZODICARBONAMIDE), CULTERED WHEAT FLOUR, VINEGAR, NATURAL FLAVORS, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, SOY LECITHIN.

Nature's Own 100% Whole Grain Sugar Free Hamburger Buns

¬Sugar Free 100 % Whole Grain Wheat Bun (NO)

PANEL NUMBER: 1244-03

Servings Per Container 8

Weight: 15 oz **Nutrition Facts** Serving Size 1 Bun (53g/1.9oz)

Count:

Amount Per Serving	
Calories 110	Calories from Fat 15
	%Daily Value *
Total Fat 1.5g	3%
Saturated Fat 1g	4%
Trans Fat 0g	
Polyunsaturated Fat .5g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Sugars 0g	
Maltitol 2g	
D	

Protein 6g

Vitamin A	0%	*	Vitamin C	0%
Calcium	4%	*	Iron	6%
Thiamin	10%	*	Riboflavin	6%
Niacin	10%	*	Folic Acid	4%

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

or lower depending on your culone needs.						
	Calories	2,000	2,500			
Total Fat	Less than	65g	80g			
Sat Fat	Less than	20g	25g			
Cholesterol	Less than	300mg	300mg			
Sodium	Less than	2,400mg	2,400mg			
Total Carbohydrate		300g	375g			
Dietary Fiber		25g	30g			



INGREDIENTS: STONE GROUND WHOLE WHEAT FLOUR, WATER, MALTITOL, WHEAT GLUTEN, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: BUTTER* (MADE FROM MILK), SALT, DOUGH CONDITIONERS (SODIUM STEAROYL, LACTYLATE, CALCIUM, STEAROYL-2-LACTYLATE, MONOGLYCERIDES, CALCIUM PEROXIDE, ETHOXYLATED MONO AND DIGLYCERIDES, DATEM, AZODICARBONAMIDE), CULTURED WHEAT FLOUR, VINEGAR, NATURAL FLAVORS, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, YEAST FOOD, (AMMONIUM SULFATE), SOY LECITHIN *

Nature's Own 100% Whole Wheat Oval

Package weight: 24oz Units per container: 1

Nutrition Facts

Serving Size 1 SLICE (43 G/ 1.5 OZ) Servings Per Container 16

Calories	110	Calories from	Fat	15	
			% DAILY	VALUE *	,
Total Fat		1.5 g		3	%
Saturated Fat		0 g		0	%
Trans Fat		0 g			
Polyunsaturated Fat		1 g			
Monounsaturated Fat		0 g			
Cholesterol		0 mg		0	%
Sodium		190 mg		8	%
Total Carbohydrate		20 g		7	%
Dietary Fiber		3 g		10	%
Sugars		4 g			
Protein		5 g			
Vitamin A		0 %	Vitamin C	0	%
Calcium		2 %	Iron	6	%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, CANE REFINERY SYRUP, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SOYBEAN OIL, SALT, RAISIN JUICE CONCENTRATE, CULTURED WHEAT FLOUR, VINEGAR, SOY LECITHIN, CALCIUM SULFATE, ENZYMES, TOPPING: WHEAT CUTS, WHEAT FLAKES, WHEAT BRAN, FLAXSEED

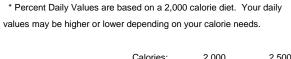
Nature's Own 100% Whole Wheat Bagels

Package weight: 21 oz Units per container: 6

Nutrition Facts

Serving Size 1 Bagel (104 g/ 3.7 oz)
Servings Per Container 6

Calories	250	Calori	ies fro	m Fat	15	
				% DAILY	VALUE '	ŧ
Total Fat		1.5	g		2	%
Saturated Fa	t	0	g		0	%
Trans Fat		0	g			
Polyunsatura	ted Fat	0.5	g			
Monounsatur	ated Fat	0.5	g			
Cholesterol		0	mg		0	%
Sodium		380	mg		16	%
Total Carbohydra	ite	57	g		19	%
Dietary Fiber		9	g		37	%
Sugars		6	g			
Protein		11	g			
Vitamin A		10	%	Vitamin C	0	%
Calcium		10	%	Iron	20	%
Vitamin D		10	%	Vitamin E	10	%
Thiamin		25	%	Riboflavin	8	%
Niacin		20	%	Folic Acid	8	9



	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, CULTURED WHEAT FLOUR, VINEGAR, SALT, VITAMIN A PALMITATE, CALCIUM CARBONATE, MALT BARLEY FLOUR, MOLASSES, YELLOW CORN MEAL, CALCIUM SULFATE, CHOLECALCIFEROL (VITAMIN D3), SOY OIL, HONEY, CULTURED, WHEAT STARCH, ENZYMES, ALPHA TOCOPHERYL ACETATE (VITAMIN E), TOPPED WITH WHEAT BRAN

Nature's Own 100% Whole Wheat Buns



Package weight: 12 oz Units per container: 8 Package weight: 15 oz Units per container: 8

Serving Size 1	Bun (43 g/ 1.5 oz)			
Servings Per Container	8			
Amount Per Servin	g			
Calories	100 Calorie	s from Fat	15	
		% D	AILY VALUE	•
Total Fat	1.5 g		3	%
Saturated Fat	0 g		0	9
Trans Fat	0 g			
Polyunsaturated Far	t 1 g			
Monounsaturated F	at 0g			
Cholesterol	0 n	ng	0	9
Sodium	160 n	ng	7	9
Total Carbohydrate	19 g		6	9
Dietary Fiber	3 g		11	9
Sugars	2 g			
Protein	5 g		10	9
Vitamin A	0	% Vitamin C	0	9
Calcium	0	% Iron	6	9
* Percent Daily Values avalues may be higher or	lower depending or	your calorie nee	ds.	
	Calories:	2,000	2,500	_
Total Fat	Less than	65g	80g	
Sat. Fat Cholesterol	Less than	20g	25g	
		300mg 2,400mg	300mg	
			2,400mg	
Sodium Total Carbohydrate	Less than	300q	375g	

Nutrition F	acts		
Serving Size 1	Bun (53 g/ 1.9 oz)		
Servings Per Container	8		
Amount Per Servin	_		
Calories	130 Calories f	rom Fat	20
		% DAI	LY VALUE *
Total Fat	2 g		3 9
Saturated Fat	0.5 g		3 9
Trans Fat	0 g		
Polyunsaturated Fa	1 g		
Monounsaturated F	at 0 g		
Cholesterol	0 mg		0 9
Sodium	190 mg		8 9
Total Carbohydrate	24 g		8 9
Dietary Fiber	4 g		14 9
Sugars	2 g		
Protein	6 g		12 9
Vitamin A	0 %	Vitamin C	0 9
Calcium	0 %	Iron	8 9
* Percent Daily Values a values may be higher or			,
Total Fat	Less than	65q	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
		300g	375g
Total Carbohydrate			

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, WHEAT GLUTEN, BROWN SUGAR, YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: DOUGH CONDITIONERS, (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, ENZYMES, AZODICARBONAMIDE), SOYBEAN OIL, VINEGAR, SALT, CULTURED WHEAT FLOUR, WHEAT STARCH, SOY LECITHIN, TOPPED WITH WHEAT BRAN

Child Nutrition Bread Serving Equivalent = Hots 1.25; Hams 1.50

Nature's Own 100% Whole Wheat English Muffins

Package weight: 12 oz Units per container: 6

Nutrition Facts

Serving Size 1 Muffin (57 g/ 2.0 oz)

Servings Per Container

Calories	120	Calor	ies fro	m Fat	15	
				% DAILY	VALUE '	
Total Fat		1.5	g		2	%
Saturated Fat		0	g		0	%
Trans Fat		0	g			
Polyunsaturated	Fat	0.5	g			
Monounsaturated	d Fat	0	g			
Cholesterol		0	mg		0	%
Sodium		180	mg		8	%
Total Carbohydrate		24	g		8	%
Dietary Fiber		3	g		11	%
Sugars		3	g			
Protein		6	g			
Vitamin A		10	%	Vitamin C	0	%
Calcium		10	%	Iron	8	%
Vitamin D		10	%	Vitamin E	10	%
Thiamin		15	%	Riboflavin	4	%
Niacin		2	%	Folic Acid	6	%

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, FARINA (WHEAT), WHEAT GLUTEN, SUGAR, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, RICE FLOUR, YELLOW CORN FLOUR, SOYBEAN OIL, RAISIN JUICE, CONCENTRATE, YELLOW CORN MEAL, SALT, VITAMIN A PALMITATE, AZODICARBONAMIDE, DATEM, LEAVENING (SODIUM ACID, PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), CALCIUM CARBONATE, VINEGAR, WHEAT STARCH, CORNSTARCH, CITRIC ACID, SODIUM CITRATE, CHOLECALCIFEROL (VITAMIN D3), ENZYMES, ALPHA TOCOPHERYL ACETATE (VITAMIN E), CALCIUM PROPIONATE AND NATAMYCIN (TO RETARD SPOILAGE)

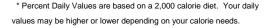
Old Fashion Bread

Package weight: 20 oz. Units per container: 1

Nutrition Facts

Serving Size 1 Slice (26 g/ 0.9 oz) Servings Per Container 22

Calories 70	Calories from	n Fat	5	
		% DAILY	VALUE *	
Total Fat	1 g		1	%
Saturated Fat	<mark>0</mark> g		0	%
Trans Fat	<mark>0</mark> g			
Polyunsaturated Fat	<mark>0</mark> g			
Monounsaturated Fat	0 g			
Cholesterol	0 mg		0	%
Sodium	140 mg		6	%
Total Carbohydrate	14 g		5	%
Dietary Fiber	0 g		0	%
Sugars	2 g			
Protein	2 g			
Vitamin A	0 %	Vitamin C	0	%
Calcium	0 %	Iron	4	%
Thiamin	8 %	Riboflavin	4	%
Niacin	4 %	Folic Acid	6	%



	Calories:	2,000	2,500	
Total Fat	Less than	65g	80g	
Sat. Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	



INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, HIGH FRUCTOSE CORN SYRUP, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, SOYBEAN OIL, WHEAT GLUTEN, DOUGH CONDITIONERS (CONTAINS ONE OR MORE OF THE FOLLOWING: SODIUM STEAROYL LACTYLATE, CALCIUM STEAROYL LACTYLATE, MONOGLYCERIDES AND/OR DIGLYCERIDES, CALCIUM PEROXIDE, CALCIUM IODATE, DATEM, ETHOXYLATED MONO- AND DIGLYCERIDES, AZODICARBONAMIDE, ENZYMES), SOY FLOUR, YEAST FOOD (AMMONIUM SULFATE), MONOCALCIUM PHOSPHATE, CALCIUM SULFATE, SOY LECITHIN, CALCIUM PROPIONATE (TO RETARD SPOILAGE)