

# Nature's Own Whitewheat Buns



◆ Whitewheat Hot Dog Buns (NATURES OWN)

PANEL NUMBER: 1378-02

Weight: 12 oz Count: 8

## Nutrition Facts

Serving Size 1 Bun (43g/1.5oz)

Servings Per Container 8

### Amount Per Serving

Calories 90 Calories from Fat 15

%Daily Value\*

**Total Fat 1.5g** 2%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol 0mg** 0%

**Sodium 190mg** 8%

**Total Carbohydrate 18g** 6%

Dietary Fiber 4g 17%

Sugars 2g

### Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 25% Iron 15%

Thiamin 20% Riboflavin 20%

Niacin 15% 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	

□ Whitewheat Hamburger Buns (NATURES OWN)

PANEL NUMBER: 1378-03

Weight: 14 oz Count: 8

## Nutrition Facts

Serving Size 1 Bun (50g/1.8oz)

Servings Per Container 8

### Amount Per Serving

Calories 100 Calories from Fat 15

%Daily Value\*

**Total Fat 2g** 3%

Saturated Fat .5g 3%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol 0mg** 0%

**Sodium 230mg** 9%

**Total Carbohydrate 21g** 7%

Dietary Fiber 5g 20%

Sugars 2g

### Protein 5g

Vitamin A 0% Vitamin C 0%

Calcium 25% Iron 15%

Thiamin 20% Riboflavin 20%

Niacin 15% 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, 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

Child Nutrition Bread Serving Equivalent = 1.25

# 30ct Hamburger Buns Plain and Seeded

4" Hamburger Bun  
 PANEL NUMBER: 1258-52

Weight: 62 oz Count: 30

## Nutrition Facts

Serving Size 1 Roll (59g/2.1oz)

Servings Per Container 30

### Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Value \*

**Total Fat 2g** **3%**

Saturated Fat .5g **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 280mg** **11%**

**Total Carbohydrate 30g** **10%**

Dietary Fiber 1g **6%**

Sugars 3g

### Protein 6g

Vitamin A 0% Vitamin C 0%

Calcium 4% Iron 10%

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	
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

Child Nutrition Bread Serving Equivalent = 2.50

# Sunbeam Sandwich 24oz Giant

Package weight: 24 oz  
Units per container: 1

## Nutrition Facts

Serving Size **2 Slices (49 g/ 1.6 oz)**  
Servings Per Container **14**

Amount Per Serving		2 Slices	1 Slice
<b>Calories</b>		130	60
Calories from Fat		15	5
<b>% DAILY VALUE **</b>			
<b>Total Fat</b>	1.5 g	2 %	1 %
Saturated Fat	0 g	0 %	0 %
Trans Fat	0 g		
Polyunsaturated Fat	1 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	0 mg	0 %	0 %
<b>Sodium</b>	260 mg	11 %	5 %
<b>Total Carbohydrate</b>	26 g	9 %	4 %
Dietary Fiber	Less than 1 g	3 %	0 %
Sugars	3 g		
<b>Protein</b>	4 g		
Vitamin A		0 %	0 %
Vitamin C		0 %	0 %
Calcium		2 %	0 %
Iron		8 %	4 %
Thiamin		15 %	8 %
Riboflavin		8 %	4 %
Niacin		10 %	4 %
Folic Acid		15 %	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:** 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)

Child Nutrition Bread Serving Equivalent = 1.00

# 12pk 4" Individual Hamburger Buns

**Package weight: 20 oz.**

**Units per container: 12**

## Nutrition Facts

Serving Size 1 Bun (47g/1.7oz)

Servings Per Container 12

### Amount Per Serving

Calories 120                      Calories from Fat 15

% Daily Value\*

Total Fat 1.5g                      2%

    Saturated Fat .5g                      3%

    Trans Fat 0g

    Polyunsaturated Fat .5g

    Monounsaturated Fat 0g

Cholesterol 0mg                      0%

Sodium 230mg                      9%

Total Carbohydrate 24g                      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 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



**Child Nutrition Bread Serving Equivalent = 2.00**

# 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 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

**Child Nutrition Bread Serving Equivalent = 2.00**

# 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%

\* 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

**Child Nutrition Bread Serving Equivalent = 1.50**

# 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**

### Amount Per Serving

Calories	100	Calories from Fat	10
% DAILY VALUE *			
<b>Total Fat</b>	1 g		2 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Polyunsaturated Fat	0.5 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	190 mg		8 %
<b>Total Carbohydrate</b>	19 g		6 %
Dietary Fiber	Less than 1 g		2 %
Sugars	2 g		
<b>Protein</b>	3 g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	6 %
Thiamin	10 %	Riboflavin	6 %
Niacin	6 %	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
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)

**Child Nutrition Bread Serving Equivalent = 1.50**





**Package weight: 16 oz.**  
**Units per container: 12**

**12pk White Hot Dog Buns**

**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

**Child Nutrition Bread Serving Equivalent = 1.75**

# 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.

Child Nutrition Bread Serving Equivalent = 2.00

# Cobblestone Mill 6pk Seeded Steak Rolls

**Package weight: 15 oz.**

**Units per container: 6**

<b>Nutrition Facts</b>			
Serving Size 1 Bun (71g/2.5oz)			
Servings Per Container 6			
<b>Amount Per Serving</b>			
Calories 180		Calories from Fat 20	
% Daily Value *			
<b>Total Fat 2.5g</b>		<b>4%</b>	
Saturated Fat 1g		<b>4%</b>	
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 0g			
<b>Cholesterol 0mg</b>		<b>0%</b>	
<b>Sodium 340mg</b>		<b>14%</b>	
<b>Total Carbohydrate 36g</b>		<b>12%</b>	
Dietary Fiber 2g		<b>7%</b>	
Sugars 4g			
<b>Protein 7g</b>			
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
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

**Child Nutrition Bread Serving Equivalent = 3.00**

# Nature's Own Whitewheat Bread

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

Weight: 20 oz Count: 22

<b>Nutrition Facts</b>			
Serving Size 2 Slices (52g/1.8oz)			
Servings Per Container 11			
<b>Amount Per Serving</b>			
Calories 100	Calories from Fat 15		
% Daily Value *			
<b>Total Fat 2g</b>	<b>3%</b>		
Saturated Fat .5g	3%		
Trans Fat 0g			
Polyunsaturated Fat 1g			
Monounsaturated Fat 0g			
<b>Cholesterol 0mg</b>	<b>0%</b>		
<b>Sodium 230mg</b>	<b>10%</b>		
<b>Total Carbohydrate 22g</b>	<b>7%</b>		
Dietary Fiber 5g	18%		
Sugars 2g			
<b>Protein 6g</b>			
Vitamin A 0%	Vitamin C 0%		
Calcium 30%	Iron 20%		
Thiamin 20%	Riboflavin 20%		
Niacin 15%	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, 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

Child Nutrition Bread Serving Equivalent = 1.50

# 24oz Wheat Sandwich Bread

Package weight: 24 oz.

Units per container: 1

## Nutrition Facts

Serving Size 1 Slice (28 g/ 1.0 oz)

Servings Per Container 24

### Amount Per Serving

Calories 70 Calories from Fat 5

% DAILY VALUE \*

<b>Total Fat</b>	0.5 g	1 %
Saturated Fat	0 g	0 %
<i>Trans</i> Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	125 mg	5 %
<b>Total Carbohydrate</b>	15 g	5 %
Dietary Fiber	Less than 1 g	4 %
Sugars	2 g	
<b>Protein</b>	3 g	
Vitamin A	0 %	Vitamin C 0 %
Calcium	0 %	Iron 6 %
Thiamin	10 %	Riboflavin 4 %
Niacin	6 %	Folic Acid 8 %

\* 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, 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

Child Nutrition Bread Serving Equivalent = 1.00

**Package weight: 16 oz**  
**Units per container: 1**

# Nature's Own Honey Wheat Buns

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

Weight: 15 oz Count: 8

## Nutrition Facts

Serving Size 1 Bun (53g/1.9oz)

Servings Per Container 8

### Amount Per Serving

Calories 130 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 230mg 10%**

**Total Carbohydrate 26g 9%**

Dietary Fiber 1g 4%

Sugars 3g

### Protein 6g

Vitamin A 0% Vitamin C 0%

Calcium 6% Iron 10%

Thiamin 15% Riboflavin 15%

Niacin 15% 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, 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

**Child Nutrition Bread Serving Equivalent = 1.75**

# 24ct Seeded Steak Buns

Package weight: 64 oz

Units per container: 24

## Nutrition Facts

Serving Size 1 Bun (76g/2.7oz)

Servings Per Container 24

### Amount Per Serving

Calories 190 Calories from Fat 20

%Daily Value \*

<b>Total Fat</b>	<b>2.5g</b>	<b>4%</b>
Saturated Fat	1g	4%
Trans Fat	0g	
Polyunsaturated Fat	1g	
Monounsaturated Fat	0g	
<b>Cholesterol</b>	<b>0mg</b>	<b>0%</b>
<b>Sodium</b>	<b>360mg</b>	<b>15%</b>
<b>Total Carbohydrate</b>	<b>39g</b>	<b>13%</b>
Dietary Fiber	2g	7%
Sugars	4g	

### Protein 7g

Vitamin A	0%	*	Vitamin C	0%
Calcium	6%	*	Iron	15%
Thiamin	35%	*	Riboflavin	30%
Niacin	25%	*	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:** 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

**Child Nutrition Bread Serving Equivalent = 3.25**

# 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

Calories 110      Calories from Fat 20

% Daily Value \*

**Total Fat 2g**      **3%**

Saturated Fat .5g      **3%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 250mg**      **11%**

**Total Carbohydrate 23g**      **8%**

Dietary Fiber 5g      **20%**

Sugars 2g

### Protein 6g

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:

		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

**Child Nutrition Bread Serving Equivalent = 1.50**



# 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

### Amount Per Serving

Calories 220 Calories from Fat 20

#### % DAILY VALUE \*

<b>Total Fat</b>	2 g	3 %
Saturated Fat	0.5 g	3 %
Trans Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0.5 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	470 mg	20 %
<b>Total Carbohydrate</b>	43 g	14 %
Dietary Fiber	2 g	8 %
Sugars	4 g	
<b>Protein</b>	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)

Child Nutrition Bread Serving Equivalent = 3.75

Package weight: 16 oz  
 Units per container: 1

# Nature's Own Honey Wheat Bread

BREAD, HONEY WHEAT (NATURES OWN)

## Nutrition Facts

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

### Amount Per Serving

Calories 70      Calories from Fat 5

% DAILY VALUE \*

<b>Total Fat</b>	0.5 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	120 mg	5 %
<b>Total Carbohydrate</b>	14 g	5 %
Dietary Fiber	Less than 1 g	4 %
Sugars	2 g	
<b>Protein</b>	2 g	
Vitamin A	0 %	Vitamin C 0 %
Calcium	0 %	Iron 6 %
Thiamin	10 %	Riboflavin 4 %
Niacin	6 %	Folic Acid 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:** 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 PEROXIDE, ETHOXYLATED MONO AND DIGLYCERIDES, DATEM, AZODICARBONAMIDE), CULTERED WHEAT FLOUR, VINEGAR, NATURAL FLAVORS, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, SOY LECITHIN.

Child Nutrition Bread Serving Equivalent = 1.00

# Wheatwheat 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

**Cholesterol 0mg** **0%**

**Sodium 160mg** **7%**

**Total Carbohydrate 15g** **5%**

Dietary Fiber 3g **14%**

Sugars 1g

### Protein 4g

Vitamin A 0% Vitamin C 0%

Calcium 20% Iron 10%

Thiamin 15% Riboflavin 15%

Niacin 10% Folic Acid 8%

\* 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, 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

Child Nutrition Bread Serving Equivalent = 1.00

# Sunbeam 24ct Dinner Roll

Un sliced Sheet Bun (Dinner Roll)  
**PANEL NUMBER: 1258-49**

Weight: 26 oz Count: 24

## Nutrition Facts

Serving Size 1 Bun (31g/1.1oz)

Servings Per Container 24

### Amount Per Serving

Calories	80	Calories from Fat	10
			%Daily Value*
<b>Total Fat</b>	<b>1g</b>		<b>2%</b>
Saturated Fat	0g		0%
Polyunsaturated Fat	0g		
Monounsaturated Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		<b>0%</b>
<b>Sodium</b>	<b>150mg</b>		<b>6%</b>
<b>Total Carbohydrate</b>	<b>16g</b>		<b>5%</b>
Dietary Fiber	1g		3%
Sugars	2g		
<b>Protein</b>	<b>3g</b>		
Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	6%
Thiamin	15%	Riboflavin	10%
Niacin	10%	Folic Acid	8%

\* 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

**Child Nutrition Bread Serving Equivalent = 1.25**

# Sunbeam Sandwich Thin 20oz Bread

**Package weight: 20oz.**

**Units per container: 1**

<b>Nutrition Facts</b>			
Serving Size <b>2 Slices (47 g/ 1.7 oz)</b>			
Servings Per Container <b>12</b>			
<b>Amount Per Serving</b>		<b>2 Slices</b>	<b>1 Slice</b>
<b>Calories</b>		<b>130</b>	<b>60</b>
Calories from Fat		<b>15</b>	<b>5</b>
<b>% DAILY VALUE **</b>			
<b>Total Fat</b>	<b>1.5 g</b>	<b>2 %</b>	<b>1 %</b>
Saturated Fat	0 g	0 %	0 %
Trans Fat	0 g		
Polyunsaturated Fat	0.5 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	<b>0 mg</b>	<b>0 %</b>	<b>0 %</b>
<b>Sodium</b>	<b>250 mg</b>	<b>11 %</b>	<b>5 %</b>
<b>Total Carbohydrate</b>	<b>25 g</b>	<b>8 %</b>	<b>4 %</b>
Dietary Fiber	Less than 1 g	3 %	0 %
Sugars	3 g		
<b>Protein</b>	<b>4 g</b>		
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 %
<p>** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</p>			
	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)

**Child Nutrition Bread Serving Equivalent = 1.75**

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

Child Nutrition Bread Serving Equivalent = 1.50

# 20ct Wheat Hamburger Buns

Package weight: 20oz.

Units per container: 1

Wheat 4 1/2" Hamburger Buns

Panel # 142501

Weight:            oz      Count: 20

## Nutrition Facts

Serving Size 1 Bun (82g/2.9oz)

Servings Per Container 20

### Amount Per Serving

Calories 180                                      Calories from Fat 30

% Daily Value \*

**Total Fat 3.5g**                                      **5%**

Saturated Fat 1g                                      **5%**

*Trans Fat* 0g

Polyunsaturated Fat 2g

Monounsaturated Fat .5g

**Cholesterol 0mg**                                      **0%**

**Sodium 370mg**                                      **15%**

**Total Carbohydrate 32g**                                      **11%**

Dietary Fiber 6g                                      **25%**

Sugars 3g

### Protein 13g

Vitamin A      0%      \*      Vitamin C      0%

Calcium      10%      \*      Iron      6%

Thiamin      15%      \*      Riboflavin      20%

Niacin      30%      \*      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
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, 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, CARMEL (COLOR), CALCIUM SULFATE, CALCIUM PROPIONATE (TO RETARD SPOILAGE)

Child Nutrition Bread Serving Equivalent = 3.25

# 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

### Amount Per Serving

Calories 120 Calories from Fat 30

% DAILY VALUE \*

<b>Total Fat</b>	3 g		5 %
Saturated Fat	1.5 g		8 %
Trans Fat	0 g		
Polyunsaturated Fat	0 g		
Monounsaturated Fat	1 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	330 mg		14 %
<b>Total Carbohydrate</b>	20 g		7 %
Dietary Fiber	Less than 1 g		3 %
Sugars	Less than 1 g		
<b>Protein</b>	3 g		
Vitamin A	6 %	Vitamin C	0 %
Calcium	8 %	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:** 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.

Child Nutrition Bread Serving Equivalent = 1.75



# 6ct Hot Dog Buns

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

Weight: 15 oz Count: 6

## Nutrition Facts

Serving Size 1 Bun (71g/2.5oz)

Servings Per Container 6

### Amount Per Serving

Calories 180 Calories from Fat 20

% Daily Value \*

**Total Fat 2.5g** **4%**

Saturated Fat 1g **4%**

Trans Fat 0g

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	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

Child Nutrition Bread Serving Equivalent = 3.00

# 24ct Dinner Roll

◇ 24 Count Dinner Rolls

**PANEL NUMBER: 1258-01**

Weight: 24 oz

Count: 24

## Nutrition Facts

Serving Size 1 Bun (28g/1oz)

Servings Per Container 24

### Amount Per Serving

Calories 70 Calories from Fat 10

% Daily Value \*

**Total Fat 1g** **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol 0mg** **0%**

**Sodium 135mg** **6%**

**Total Carbohydrate 14g** **5%**

Dietary Fiber 1g **3%**

Sugars 1g

### Protein 3g

Vitamin A 0% Vitamin C 0%

Calcium 2% Iron 6%

Thiamin 15% Riboflavin 10%

Niacin 8% Folic Acid 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	
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

Child Nutrition Bread Serving Equivalent = 1.00

# 8ct Seeded Sub Roll

) Seeded Sub Rolls

PANEL NUMBER: 1258-25

Weight: 18 oz Count: 8

<b>Nutrition Facts</b>			
Serving Size 1 Bun (64g/2.3oz)			
Servings Per Container 8			
<b>Amount Per Serving</b>			
Calories 160		Calories from Fat 20	
		%Daily Value *	
<b>Total Fat</b>	<b>2g</b>		<b>3%</b>
Saturated Fat	.5g		<b>4%</b>
Trans Fat	0g		
Polyunsaturated Fat	1g		
Monounsaturated Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		<b>0%</b>
<b>Sodium</b>	<b>310mg</b>		<b>13%</b>
<b>Total Carbohydrate</b>	<b>33g</b>		<b>11%</b>
Dietary Fiber	2g		<b>6%</b>
Sugars	3g		
<b>Protein</b>	<b>6g</b>		
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

Child Nutrition Bread Serving Equivalent = 2.75

# Flowers Bread Sticks

Package weight: 27 oz.

Units per container: 16

## Nutrition Facts

Serving Size 1 STICK (48 G/ 1.7 OZ)

Servings Per Container 16

### Amount Per Serving

Calories 120      Calories from Fat 10

% DAILY VALUE \*

<b>Total Fat</b>	1 g	1 %
Saturated Fat	0 g	0 %
<i>Trans</i> Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	260 mg	11 %
<b>Total Carbohydrate</b>	24 g	8 %
Dietary Fiber	Less than 1 g	3 %
Sugars	1 g	
<b>Protein</b>	4 g	
Vitamin A	0 %	Vitamin C 0 %
Calcium	8 %	Iron 8 %

\* 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 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)

Child Nutrition Bread Serving Equivalent = 2.00

# Cobblestone Mill 100% Whole Wheat 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

### Amount Per Serving

<b>Calories</b>	220	Calories from Fat	20
<b>% DAILY VALUE *</b>			
<b>Total Fat</b>	2.5 g		4 %
Saturated Fat	0.5 g		4 %
Trans Fat	0 g		
Polyunsaturated Fat	0 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	460 mg		19 %
<b>Total Carbohydrate</b>	44 g		15 %
Dietary Fiber	4 g		16 %
Sugars	5 g		
<b>Protein</b>	8 g		
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 OLOWING:;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)

**Child Nutrition Bread Serving Equivalent = 3.25**

# Derst Kids Bread

Package weight: 20 oz.

Units per container: 1

## 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 1g

Monounsaturated Fat 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%      Riboflavin 20%

Niacin 15%      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, 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

Child Nutrition Bread Serving Equivalent = 1.50

# Nature's Own Wheat and Double Fiber Sandwich Roll

Package weight: 15 oz.

Units per container: 12

## Nutrition Facts

Serving Size 1 Bun (39g/1.4oz)

Servings Per Container 8

### Amount Per Serving

Calories 80                                  Calories from Fat 15

%Daily Value \*

**Total Fat 1.5g**                                  **3%**

Saturated Fat 0g                                  **0%**

*Trans Fat* 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 0g

**Cholesterol 0mg**                                  **0%**

**Sodium 160mg**                                  **7%**

**Total Carbohydrate 15g**                                  **5%**

Dietary Fiber 5g                                  **20%**

Sugars 2g

### Protein 6g

Vitamin A 0%                                  Vitamin C 0%

Calcium 15%                                  Iron 8%

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

		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

Child Nutrition Bread Serving Equivalent = 1.50

# 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: 16 oz Count: 18

## Nutrition Facts

Serving Size 1 Slice (25g/.9oz)

Servings Per Container 18

### Amount Per Serving

Calories 50 Calories from Fat 5

% Daily Value \*

**Total Fat 1g 1%**

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated 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% Riboflavin 2%

Niacin 6% Folic Acid 2%

\* 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:** 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 PEROXIDE, ETHOXYLATED MONO AND DIGLYCERIDES, DATEM, AZODICARBONAMIDE), CULTERED WHEAT FLOUR, VINEGAR, NATURAL FLAVORS, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE, AMMONIUM SULFATE, SOY LECITHIN.

Child Nutrition Bread Serving Equivalent = .75



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

-Sugar Free 100 % Whole Grain Wheat Bun (NO)  
 PANEL NUMBER: 1244-03

Weight: 15 oz Count: 8

## Nutrition Facts

Serving Size 1 Bun (53g/1.9oz)

Servings Per Container 8

### 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

### 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:

		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 \*

Child Nutrition Bread Serving Equivalent = 1.75

# 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

### Amount Per Serving

Amount Per Serving		% DAILY VALUE *	
<b>Calories</b>	110	Calories from Fat	15
<b>Total Fat</b>	1.5 g		3 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Polyunsaturated Fat	1 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	190 mg		8 %
<b>Total Carbohydrate</b>	20 g		7 %
Dietary Fiber	3 g		10 %
Sugars	4 g		
<b>Protein</b>	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

Child Nutrition Bread Serving Equivalent = 1.25

# 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

### Amount Per Serving

Calories 250      Calories from Fat 15

### % DAILY VALUE \*

<b>Total Fat</b>	1.5 g		2 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Polyunsaturated Fat	0.5 g		
Monounsaturated Fat	0.5 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	380 mg		16 %
<b>Total Carbohydrate</b>	57 g		19 %
Dietary Fiber	9 g		37 %
Sugars	6 g		
<b>Protein</b>	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 %

\* 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  
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

Child Nutrition Bread Serving Equivalent = 4.00

# Nature's Own 100% Whole Wheat Buns



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

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

## Nutrition Facts

Serving Size **1 Bun (43 g/ 1.5 oz)**  
Servings Per Container **8**

### Amount Per Serving

Calories	100	Calories from Fat	15
% DAILY VALUE *			
<b>Total Fat</b>	1.5 g		3 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Polyunsaturated Fat	1 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	160 mg		7 %
<b>Total Carbohydrate</b>	19 g		6 %
Dietary Fiber	3 g		11 %
Sugars	2 g		
<b>Protein</b>	5 g		10 %
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	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

## Nutrition Facts

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

### Amount Per Serving

Calories	130	Calories from Fat	20
% DAILY VALUE *			
<b>Total Fat</b>	2 g		3 %
Saturated Fat	0.5 g		3 %
Trans Fat	0 g		
Polyunsaturated Fat	1 g		
Monounsaturated Fat	0 g		
<b>Cholesterol</b>	0 mg		0 %
<b>Sodium</b>	190 mg		8 %
<b>Total Carbohydrate</b>	24 g		8 %
Dietary Fiber	4 g		14 %
Sugars	2 g		
<b>Protein</b>	6 g		12 %
Vitamin A	0 %	Vitamin C	0 %
Calcium	0 %	Iron	8 %

\* 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, 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 6

### Amount Per Serving

**Calories** 120      **Calories from Fat** 15

### % DAILY VALUE \*

<b>Total Fat</b>	1.5 g	2 %
Saturated Fat	0 g	0 %
<i>Trans</i> Fat	0 g	
Polyunsaturated Fat	0.5 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	180 mg	8 %
<b>Total Carbohydrate</b>	24 g	8 %
Dietary Fiber	3 g	11 %
Sugars	3 g	
<b>Protein</b>	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 %

\* 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, 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)

**Child Nutrition Bread Serving Equivalent = 1.50**

# 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

### Amount Per Serving

Calories 70 Calories from Fat 5

#### % DAILY VALUE \*

<b>Total Fat</b>	1 g	1 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Polyunsaturated Fat	0 g	
Monounsaturated Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	140 mg	6 %
<b>Total Carbohydrate</b>	14 g	5 %
Dietary Fiber	0 g	0 %
Sugars	2 g	
<b>Protein</b>	2 g	
Vitamin A	0 %	Vitamin C 0 %
Calcium	0 %	Iron 4 %
Thiamin	8 %	Riboflavin 4 %
Niacin	4 %	Folic Acid 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:** 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)

Child Nutrition Bread Serving Equivalent = 1.00