

Bread Table of Contents

Bread, Banana	1
Bread, Carrot	2
Bread, Chocolate Chip Zucchini	3
Bread, Date.....	4
Bread, Garlic French	5
Bread, Pumpkin.....	6
Bread, Whole Wheat	7
Bread, Zucchini	8
Breadstick, Wheat Garlic	9
Breadstick, Whole Wheat.....	10
Bun, Hot Cross	11
Bun, Whole Wheat Hamburger	13
Cornbread.....	14
Muffin, Apple Cinnamon	15
Muffin, Banana Bran.....	16
Muffin, Chocolate Chip Zucchini	17
Muffin, Blueberry	18
Muffin, Carrot Raisin	19
Muffin, Cornbread.....	20
Muffin, Cornbread, Mexican.....	21
Muffin, Pumpkin Raisin.....	22
Muffin, Raisin Bran	23
Muffin, Rhubarb.....	24
Roll, Rosemary French Country.....	25
Roll, Whole Wheat Dinner	26

Bread, Banana

Nutrition Facts

Serving Size 1 slice

Amount Per Serving

Calories 232

Calories from Fat 76

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 8.5g	13%	Total Carb. 36.5g	
Sat. Fat 0.9g	4%	Dietary Fiber 1.9g	7%
Trans Fat 0g		Sugars 18.9g	
Cholest. 35.5mg	12%	Protein 3.7g	
Sodium 365.4mg	15%		
Cals • Prot 6% • Carb			
Fat 13% • Chol 12% • Sat Fat 4%			

INGREDIENTS: SUGAR GRANULES FINE (granulated sugar), L/O BANANAS (banana), FLOUR WHOLE WHEAT (milled wheat), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), OIL CANOLA SALAD (canola oil), SODA BAKING (sodium bicarbonate), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Eggs, Wheat

Bread, Carrot

Nutrition Facts

Serving Size 1 slice

Amount Per Serving

Calories 252

Calories from Fat 106

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 11.8g	18%	Total Carb. 34.2g	
Sat. Fat 1.1g	6%	Dietary Fiber 1.7g	7%
Trans Fat 0g		Sugars 19.5g	
Cholest. 39.7mg	13%	Protein 3.5g	
Sodium 321mg	13%		
Cals • Prot 5% • Carb			
Fat 18% • Chol 13% • Sat Fat 6%			

INGREDIENTS: SUGAR GRANULES FINE (granulated sugar), VEG CARROTS JUMBO FRSH (carrots), OIL CANOLA SALAD (canola oil), FLOUR WHOLE WHEAT (milled wheat), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), SODA BAKING (sodium bicarbonate), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SEASON CINNAMON GROUND (cinnamon)

ALLERGENS: Eggs, Wheat

Bread, Chocolate Chip Zucchini

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 slice				
Amount Per Serving				
Calories 292				
Calories from Fat 136				
	Total Fat 15.1g	23%	Total Carb. 37g	
	Sat. Fat 1.9g	9%	Dietary Fiber 1.9g	8%
	Trans Fat 0.1g		Sugars 19.4g	
	Cholest. 36.5mg	12%	Protein 3.9g	
	Sodium 178.8mg	7%		
	Cals • Prot 6% • Carb			
	Fat 23% • Chol 12% • Sat Fat 9%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: SUGAR GRANULES FINE (granulated sugar), ZUCCHINI GR SLICED FROZ (zucchini), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), OIL CANOLA SALAD (canola oil), FLOUR WHOLE WHEAT (milled wheat), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), KOKO BITS (sugar, hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, dextrose, and soy lecithin. May contain milk), SEASON CINNAMON GROUND (cinnamon), SODA BAKING (sodium bicarbonate), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Bread, Date

Nutrition Facts

Serving Size 1 slice

Amount Per Serving

Calories 206

Calories from Fat 15

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 1.7g	3%	Total Carb. 45.9g	
Sat. Fat 0.4g	2%	Dietary Fiber 1.4g	6%
Trans Fat 0g		Sugars 27.9g	
Cholest. 13.3mg	4%	Protein 3.3g	
Sodium 180.6mg	8%		
Cals • Prot 5% • Carb			
Fat 3% • Chol 4% • Sat Fat 2%			

INGREDIENTS: FILLING DATE (dates, water, high fructose corn syrup, corn syrup, brown sugar, caramel color, natural and artificial flavor, sodium benzoate (preservative), citric acid, phosphoric acid), SUGAR BROWN (light brown sugar), MILK 2% Disp (LB)Bakery (reduced fat milk with vitamin A palmitate and vitamin D3 added), FLOUR WHOLE WHEAT (milled wheat), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), OIL CANOLA SALAD (canola oil), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SODA BAKING (sodium bicarbonate)

ALLERGENS: Milk, Eggs, Wheat

Bread, Garlic French

Nutrition Facts

Serving Size 1 1/10 OZ

Amount Per Serving

Calories 60

Calories from Fat 56

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6.2g	9%	Total Carb. 1g	
Sat. Fat 2.8g	14%	Dietary Fiber 0.1g	0%
Trans Fat 0g		Sugars 0g	
Cholest. 2.8mg	1%	Protein 0.2g	
Sodium 62.1mg	3%		
Cals • Prot 0% • Carb			
Fat 9% • Chol 1% • Sat Fat 14%			

INGREDIENTS: Garlic Butter (BUTTER BLEND 60/40 COL (palm oil, butter (cream, salt), soybean oil, water, salt, nonfat dry milk solids, soy lecithin, vegetable mono and diglycerides, sodium benzoate (a preservative), natural and artificial flavor, vitamin A palmitate, beta carotene (color)), SEASON GARLIC POWDER (garlic powder), SEASON PARSLEY FLAKES (parsley flakes)), Whole Wheat French Bread (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), BASE HARD ROLL BB (salt, vegetable shortening (palm oil), dextrose, sugar, wheat starch, dough conditioner (calcium sulfate, ammonium sulfate, wheat flour, salt, calcium peroxide), mono and diglycerides, monocalcium phosphate, DATEM, contains 2% or less of each of the following: ascorbic acid, soybean oil, L-cysteine, enzymes), YEAST CAKE (yeast))

ALLERGENS: Milk, Wheat, Soybeans

Bread, Pumpkin

Nutrition Facts

Serving Size 1 slice

Amount Per Serving

Calories 243

Calories from Fat 87

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 9.7g	15%	Total Carb. 37.1g	
Sat. Fat 1g	5%	Dietary Fiber 2.9g	12%
Trans Fat 0g		Sugars 19.3g	
Cholest. 36.1mg	12%	Protein 3.3g	
Sodium 304.8mg	13%		
Cals • Prot 5% • Carb			
Fat 15% • Chol 12% • Sat Fat 5%			

INGREDIENTS: SUGAR GRANULES FINE (granulated sugar), FILLING PIE PUMPKIN (pureed pumpkin), FLOUR WHOLE WHEAT (milled wheat), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), OIL CANOLA SALAD (canola oil), WATER-LB (water), SEASON PUMPKIN PIE SPICE (pumpkin pie spices), SEASON CINNAMON GROUND (cinnamon), SODA BAKING (sodium bicarbonate), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative))

ALLERGENS: Eggs, Wheat

Bread, Whole Wheat

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 slice	Total Fat 1.2g	2%	Total Carb. 15g	
Amount Per Serving	Sat. Fat 0g	0%	Dietary Fiber 2.3g	9%
Calories 81	Trans Fat 0g		Sugars 2.3g	
Calories from Fat 11	Cholest. 0mg	0%	Protein 3.5g	
	Sodium 185.1mg	8%		
	Cals • Prot 6% • Carb			
	Fat 2% • Chol 0% • Sat Fat 0%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: BREAD COUNTRY HEARTH 100% WW (whole wheat flour, water, brown sugar, wheat gluten, yeast, wheat bran, contains 2% or less of the following: soybean oil, salt, wheat germ, dough conditioners (sodium stearoyl lactylate, monoglycerides, enzymes, ascorbic acid), calcium propionate (preservative), monocalcium phosphate, calcium sulfate)

ALLERGENS: Wheat, Soybeans

Bread, Zucchini

Nutrition Facts

Serving Size 1 slice

Amount Per Serving

Calories 276

Calories from Fat 127

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 14.1g	22%	Total Carb. 34.8g	
Sat. Fat 1.3g	6%	Dietary Fiber 1.7g	7%
Trans Fat 0.1g		Sugars 17.5g	
Cholest. 36.5mg	12%	Protein 3.8g	
Sodium 178.4mg	7%		
Cals • Prot 6% • Carb			
Fat 22% • Chol 12% • Sat Fat 6%			

INGREDIENTS: SUGAR GRANULES FINE (granulated sugar), ZUCCHINI GR SLICED FROZ (zucchini), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), OIL CANOLA SALAD (canola oil), FLOUR WHOLE WHEAT (milled wheat), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), SEASON CINNAMON GROUND (cinnamon), SODA BAKING (sodium bicarbonate), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Eggs, Wheat

Breadstick, Wheat Garlic

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 6.4g	10%	Total Carb. 41.1g	
Amount Per Serving	Sat. Fat 1.6g	8%	Dietary Fiber 2.6g	10%
Calories 249	Trans Fat 0g		Sugars 6.9g	
Calories from Fat 58	Cholest. 7.7mg	3%	Protein 6.8g	
	Sodium 355.9mg	15%		
	Cals • Prot 11% • Carb			
	Fat 10% • Chol 3% • Sat Fat 8%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: BUN DOUGH HONEY WHEAT (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)), SEASON GARLIC GRANULATED (granulated garlic)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Breadstick, Whole Wheat

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 3g	5%	Total Carb. 18.7g	
Amount Per Serving	Sat. Fat 0.7g	4%	Dietary Fiber 1.2g	5%
Calories 113	Trans Fat 0g		Sugars 3.1g	
Calories from Fat 27	Cholest. 3.5mg	1%	Protein 3.1g	
	Sodium 163.2mg	7%		
	Cals • Prot 5% • Carb			
	Fat 5% • Chol 1% • Sat Fat 4%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: BUN DOUGH HONEY WHEAT (FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda))

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Bun, Hot Cross

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 157

Calories from Fat 31

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 3.4g	5%	Total Carb. 28.3g	
Sat. Fat 1.7g	9%	Dietary Fiber 1g	4%
Trans Fat 0.3g		Sugars 9.2g	
Cholest. 12.1mg	4%	Protein 3.3g	
Sodium 195.2mg	8%		
Cals • Prot 5% • Carb			
Fat 5% • Chol 4% • Sat Fat 9%			

INGREDIENTS: FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), Hot Cross Mix (orange peel, citron, cherries, pineapple, corn syrup, high fructose corn syrup, water, citric acid, artificial flavor, FD&C red 40, FD&C blue 1, FD&C yellow 5. Preservatives: sodium benzoate, sorbic acid, sulfur dioxide), RAISINS MIDGET (California sun dried raisins), BUTTER SALTED BAKERY (cream (milk), salt), SUGAR CLINTOSE, ICING BUTTERCREAM VANILLA (sugar, shortening (partially hydrogenated soybean/cottonseed oil, mono and diglycerides, polysorbate 60), water, corn syrup. Contains less than 2% of: color added, gums (guar, locust bean), lactic esters of fatty acids, natural and artificial flavor, potassium sorbate (preservative), propylene glycol mono and diesters of fats and fatty acids, salt), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), YEAST CAKE (yeast), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SEASON NUTMEG

GRD PURE (ground nutmeg), SEASON CINNAMON GROUND (cinnamon), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative))

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Bun, Whole Wheat Hamburger

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 4.7g	7%	Total Carb. 30.1g	
Amount Per Serving	Sat. Fat 1.1g	6%	Dietary Fiber 2.1g	8%
Calories 182	Trans Fat 0g		Sugars 5.1g	
Calories from Fat 42	Cholest. 4.9mg	2%	Protein 5g	
	Sodium 242.8mg	10%		
	Cals • Prot 8% • Carb			
	Fat 7% • Chol 2% • Sat Fat 6%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), WATER-LB (water), FLOUR WHOLE WHEAT (milled wheat), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil), SUGAR CLINTOSE, YEAST CAKE (yeast), MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Cornbread

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 98

Calories from Fat 26

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 2.9g	4%	Total Carb. 16.4g	
Sat. Fat 0.7g	4%	Dietary Fiber 1.5g	6%
Trans Fat --- g		Sugars 4.7g	
Cholest. 0.5mg	0%	Protein 1.6g	
Sodium 261.4mg	11%		
Cals • Prot 3% • Carb			
Fat 4% • Chol 0% • Sat Fat 4%			

INGREDIENTS: MUFFIN MIX CORN GOLD (sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, soybean oil, modified corn starch, egg yolk with sodium silicoaluminate, yellow corn flour, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), contains less than 2% of whey, salt, egg white, mono and diglycerides, xanthan gum, soy flour), WATER-LB (water)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Muffin, Apple Cinnamon

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 6.1g	9%	Total Carb. 33g	
Amount Per Serving	Sat. Fat 0.6g	3%	Dietary Fiber 1.8g	7%
Calories 193	Trans Fat 0g		Sugars 18.7g	
Calories from Fat 55	Cholest. 18.8mg	6%	Protein 2.7g	
	Sodium 346.3mg	14%		
	Cals • Prot 4% • Carb			
	Fat 9% • Chol 6% • Sat Fat 3%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FRUIT APPLE DICED IN/WATER (apples, water, apple juice concentrate), FRUIT APPLE SAUCE CAN (apples, water, apple juice from concentrate), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), FLOUR WHOLE WHEAT (milled wheat), SUGAR GRANULES FINE (granulated sugar), SUGAR BROWN (light brown sugar), OIL CANOLA SALAD (canola oil), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), SEASON CINNAMON GROUND (cinnamon), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SODA BAKING (sodium bicarbonate), BAKING POWDER (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative))

ALLERGENS: Eggs, Wheat

Muffin, Banana Bran

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 167

Calories from Fat 49

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5.4g	8%	Total Carb. 27.8g	
Sat. Fat 0.5g	2%	Dietary Fiber 3.1g	12%
Trans Fat 0g		Sugars 12.7g	
Cholest. 13.9mg	5%	Protein 3.7g	
Sodium 289.8mg	12%		
Cals • Prot 6% • Carb			
Fat 8% • Chol 5% • Sat Fat 2%			

INGREDIENTS: BUTTERMILK HALF GALLON (cultured lowfat milk, skim milk, salt, corn starch-modified, sodium phosphate, guar gum, carrageenan, carob bean gum, sodium citrate, vitamin A palmitate), L/O BANANAS (banana), CEREAL BRAN FLAKES (whole grain wheat, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavoring, BHT for freshness. Vitamins and minerals: vitamin C (sodium ascorbate, ascorbic acid), vitamin A palmitate, niacinamide, reduced iron, zinc oxide, calcium pantothenate, vitamin B6 (pyridoxine hydrochloride), vitamin D, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin E (alpha tocopherol acetate), folic acid, vitamin B12), SUGAR BROWN (light brown sugar), FLOUR WHOLE WHEAT (milled wheat), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), OIL CANOLA SALAD (canola oil), FLAXSEED (flaxseed), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), SUGAR BROWN (light brown sugar), SUGAR GRANULES FINE (granulated sugar), SEASON CINNAMON GROUND (cinnamon), BAKING POWDER (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), SODA BAKING (sodium bicarbonate), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Milk, Eggs, Wheat

Muffin, Chocolate Chip Zucchini

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each				
Amount Per Serving				
Calories 201				
Calories from Fat 94				
	Total Fat 10.4g	16%	Total Carb. 25.4g	
	Sat. Fat 1.3g	6%	Dietary Fiber 1.3g	5%
	Trans Fat 0g		Sugars 13.4g	
	Cholest. 25.1mg	8%	Protein 2.7g	
	Sodium 122.9mg	5%		
	Cals • Prot 4% • Carb			
	Fat 16% • Chol 8% • Sat Fat 6%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: SUGAR GRANULES FINE (granulated sugar), ZUCCHINI GR SLICED FROZ (zucchini), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), OIL CANOLA SALAD (canola oil), FLOUR WHOLE WHEAT (milled wheat), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), KOKO BITS (sugar, hydrogenated palm kernel oil, cocoa, cocoa processed with alkali, dextrose, and soy lecithin. May contain milk), SEASON CINNAMON GROUND (cinnamon), SODA BAKING (sodium bicarbonate), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Muffin, Blueberry

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 193

Calories from Fat 56

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 6.2g	10%	Total Carb. 32.9g	
Sat. Fat 0.6g	3%	Dietary Fiber 2g	8%
Trans Fat 0g		Sugars 18.5g	
Cholest. 18.8mg	6%	Protein 2.8g	
Sodium 344.6mg	14%		
Cals • Prot 4% • Carb			
Fat 10% • Chol 6% • Sat Fat 3%			

INGREDIENTS: FRUIT APPLE SAUCE CAN (apples, water, apple juice from concentrate), FRUIT BLUEBERRIES FROZ (blueberries), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), FLOUR WHOLE WHEAT (milled wheat), SUGAR GRANULES FINE (granulated sugar), SUGAR BROWN (light brown sugar), OIL CANOLA SALAD (canola oil), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), SEASON CINNAMON GROUND (cinnamon), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SODA BAKING (sodium bicarbonate), BAKING POWDER (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative))

ALLERGENS: Eggs, Wheat

Muffin, Carrot Raisin

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 253

Calories from Fat 105

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 11.7g	18%	Total Carb. 35.1g	
Sat. Fat 1.1g	5%	Dietary Fiber 2.1g	8%
Trans Fat 0g		Sugars 19g	
Cholest. 30.1mg	10%	Protein 3.3g	
Sodium 326mg	14%		
Cals • Prot 5% • Carb			
Fat 18% • Chol 10% • Sat Fat 5%			

INGREDIENTS: VEG CARROTS JUMBO FRSH (carrots), SUGAR GRANULES FINE (granulated sugar), OIL CANOLA SALAD (canola oil), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), FLOUR WHOLE WHEAT (milled wheat), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), RAISINS MIDGET (California sun dried raisins), SODA BAKING (sodium bicarbonate), SEASON CINNAMON GROUND (cinnamon), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Eggs, Wheat

Muffin, Cornbread

Nutrition Facts

Serving Size 1 EACH

Amount Per Serving

Calories 175

Calories from Fat 46

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5.1g	8%	Total Carb. 29.1g	
Sat. Fat 1.3g	6%	Dietary Fiber 2.7g	11%
Trans Fat --- g		Sugars 8.3g	
Cholest. 0.8mg	0%	Protein 2.9g	
Sodium 464.7mg	19%		
Cals • Prot 5% • Carb			
Fat 8% • Chol 0% • Sat Fat 6%			

INGREDIENTS: LINER CUPCAKE MED, MUFFIN MIX CORN GOLD (sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, soybean oil, modified corn starch, egg yolk with sodium silicoaluminate, yellow corn flour, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), contains less than 2% of whey, salt, egg white, mono and diglycerides, xanthan gum, soy flour), WATER-LB (water)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Muffin, Cornbread, Mexican

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 6.4g	10%	Total Carb. 20.4g	
Amount Per Serving	Sat. Fat 2.8g	14%	Dietary Fiber 2g	8%
Calories 157	Trans Fat 0g		Sugars 5.7g	
Calories from Fat 58	Cholest. 10.1mg	3%	Protein 4.4g	
	Sodium 401.1mg	17%		
	Cals • Prot 7% • Carb			
	Fat 10% • Chol 3% • Sat Fat 14%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: MUFFIN MIX CORN GOLD (sugar, enriched flour bleached (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), degermed yellow corn meal, soybean oil, modified corn starch, egg yolk with sodium silicoaluminate, yellow corn flour, leavening (sodium acid pyrophosphate, baking soda, monocalcium phosphate), contains less than 2% of whey, salt, egg white, mono and diglycerides, xanthan gum, soy flour), WATER-LB (water), PEPPERS GREEN CHILI DICED (green chile peppers, water, salt, citric acid, calcium chloride), Shredded Cheddar fancy (cultured pasteurized milk, salt, enzymes, artificial color, potato starch and powdered cellulose added to prevent caking, natamycin (a natural mold inhibitor)), VEG CORN WHOLE KERNEL FROZ (corn), SEASON GARLIC POWDER (garlic powder)

ALLERGENS: Milk, Eggs, Wheat, Soybeans

Muffin, Pumpkin Raisin

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each				
Amount Per Serving				
Calories 219				
Calories from Fat 57				
	Total Fat 6.3g	10%	Total Carb. 39g	
	Sat. Fat 0.7g	3%	Dietary Fiber 2.7g	11%
	Trans Fat 0g		Sugars 20.3g	
	Cholest. 19.3mg	6%	Protein 3.2g	
	Sodium 342.3mg	14%		
	Cals • Prot 5% • Carb			
	Fat 10% • Chol 6% • Sat Fat 3%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FILLING PIE PUMPKIN (pureed pumpkin), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), FLOUR WHOLE WHEAT (milled wheat), SUGAR GRANULES FINE (granulated sugar), RAISINS MIDGET (California sun dried raisins), SUGAR BROWN (light brown sugar), MILK 2% Disp (LB) Bakery (reduced fat milk with vitamin A palmitate and vitamin D3 added), OIL CANOLA SALAD (canola oil), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), SEASON PUMPKIN PIE SPICE (pumpkin pie spices), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SODA BAKING (sodium bicarbonate), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative))

ALLERGENS: Milk, Eggs, Wheat

Muffin, Raisin Bran

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 198

Calories from Fat 49

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5.4g	8%	Total Carb. 36.2g	
Sat. Fat 0.6g	3%	Dietary Fiber 2.4g	10%
Trans Fat 0g		Sugars 19g	
Cholest. 15mg	5%	Protein 3.8g	
Sodium 354.8mg	15%		
Cals • Prot 6% • Carb			
Fat 8% • Chol 5% • Sat Fat 3%			

INGREDIENTS: MILK BUTTER-QUART (cultured lowfat milk, skim milk, salt, corn starch-modified, sodium phosphate, guar gum, carrageenan, carob bean gum, sodium citrate, vitamin A palmitate), CEREAL RAISIN BRAN (whole grain wheat, raisins, wheat bran, sugar, brown sugar syrup, contains 2% of less of salt, malt flavor. Vitamins and minerals: potassium chloride, niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), zinc oxide, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12), SUGAR BROWN (light brown sugar), RAISINS MIDGET (California sun dried raisins), FLOUR WHOLE WHEAT (milled wheat), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), OIL CANOLA SALAD (canola oil), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BAKING POWDER (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), SODA BAKING (sodium bicarbonate), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Milk, Eggs, Wheat

Muffin, Rhubarb

Nutrition Facts

Serving Size 1 each

Amount Per Serving

Calories 188

Calories from Fat 49

* Percent Daily Values (DV) are based on a 2000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat 5.4g	8%	Total Carb. 33g	
Sat. Fat 0.5g	3%	Dietary Fiber 1.6g	6%
Trans Fat 0g		Sugars 19g	
Cholest. 13.7mg	5%	Protein 2.8g	
Sodium 238.2mg	10%		
Cals • Prot 4% • Carb			
Fat 8% • Chol 5% • Sat Fat 3%			

INGREDIENTS: SUGAR BROWN (light brown sugar), RHUBARB FROZEN (rhubarb), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), FLOUR WHOLE WHEAT (milled wheat), MILK BUTTER-QUART (cultured lowfat milk, skim milk, salt, corn starch-modified, sodium phosphate, guar gum, carrageenan, carob bean gum, sodium citrate, vitamin A palmitate), OIL CANOLA SALAD (canola oil), SUGAR GRANULES FINE (granulated sugar), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), FLAVORING VANILLA (water, vanillin, caramel color, ethyl vanillin, citric acid, sodium benzoate (preservative)), SEASON CINNAMON GROUND (cinnamon), BAKING POWDER (cornstarch, sodium bicarbonate, sodium aluminum sulfate, monocalcium phosphate), SODA BAKING (sodium bicarbonate), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Milk, Eggs, Wheat

Roll, Rosemary French Country

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 1.2g	2%	Total Carb. 17.1g	
Amount Per Serving	Sat. Fat 0.1g	1%	Dietary Fiber 1.6g	6%
Calories 89	Trans Fat 0g		Sugars 0.1g	
Calories from Fat 11	Cholest. 0mg	0%	Protein 2.8g	
	Sodium 78.7mg	3%		
	Cals • Prot 4% • Carb			
	Fat 2% • Chol 0% • Sat Fat 1%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: WATER (water), FLOUR ALL PURPOSE (bleached wheat flour, malted barley flour, niacin, iron, thiamine, riboflavin, folic acid and potassium bromate), FLOUR WHOLE WHEAT (milled wheat), Oil Blend (OIL CANOLA SALAD (canola oil), OIL EXTRA VIRGIN OLIVE (100% extra virgin olive oil)), YEAST DRY INST (yeast, sorbitan monostearate, ascorbic acid), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda), SEASON ROSEMARY GRD S/O (ground rosemary)

ALLERGENS: Wheat, Soybeans

Roll, Whole Wheat Dinner

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size 1 each	Total Fat 3.2g	5%	Total Carb. 19g	
Amount Per Serving	Sat. Fat 0.8g	4%	Dietary Fiber 2.5g	10%
Calories 114	Trans Fat 0g		Sugars 3.2g	
Calories from Fat 29	Cholest. 2.7mg	1%	Protein 3.6g	
	Sodium 161.5mg	7%		
	Cals • Prot 6% • Carb			
	Fat 5% • Chol 1% • Sat Fat 4%			

* Percent Daily Values (DV) are based on a 2000 calorie diet.

INGREDIENTS: FLOUR WHOLE WHEAT (milled wheat), WATER-LB (water), SHORTENING VEG SIGNATURE (partially hydrogenated soybean and cottonseed oil), SUGAR CLINTOSE, MILK POWDERED (instant nonfat dry milk fortified with vitamins A & D), YEAST CAKE (yeast), HONEY PURE (U.S. grade A pure honey), EGG WHL LIQ FROZEN (whole eggs, citric acid, 0.15% water added), BASE BEST 501 BB (enriched bleached flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), DATEM, soybean oil. Contains 2% or less of each of the following: dough conditioner (wheat flour, salt, calcium sulfate, calcium peroxide), ascorbic acid, L-cysteine, azodicarbonamide, enzymes (contains wheat flour)), SEASON SALT TABLE 25LB (salt, tricalcium phosphate, dextrose, potassium iodide, sodium bicarbonate, yellow prussiate of soda)

ALLERGENS: Milk, Eggs, Wheat, Soybeans