

<b>JUNE 2021</b>	<b>Ingredients</b>	<b>Fat</b>	<b>Trans Fat</b>	<b>Chol.</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Calories</b>	<b>Calories from Fat</b>
<b>Cinnamon Raisin Walnut</b>	Enriched white flour, water, raisins, walnuts, buttermilk, eggs, canola oil, sugar, yeast, cinnamon, and salt.										
<b>Cinnamon Cranberry Walnut</b>	Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, skim milk, dried cranberries, walnuts.										
<b>Extreme Cinnamon Chip</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g/4%	0g	0mg/0%	330mg/15%	35g/13%	1g/4%	9g	4g	180	25
<b>Extreme Cinnamon Swirl</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g/3%	0g	0mg/0%	290mg/13%	34g/13%	1g/4%	14g	3g	170	20
<b>Everything Cheddar</b>	Enriched white flour, water, corn sweetener, yeast, canola oil, cheddar cheese, everything bagel seasoning, salt.										
<b>Harvest White</b>	Enriched white flour, water, yeast, corn sweetener, and salt	0g/1%	0g	0mg/0%	380mg/16%	31g/10%	1g/4%	5g	4g	140	5
<b>Honey Whole Wheat</b>	Freshly milled wheat flour of the highest protein content mixed together with water, honey, yeast, and salt	0.5g/1%	0g	0mg/0%	320mg/14%	25g/9%	4g/14%	6g	5g	130	5
<b>Italian Sourdough</b>	Enriched white flour, water, sourdough starter, yeast and salt.										
<b>Joe's Rye</b>	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, caraway powder, and salt	0.5g/1%	0g	0mg/0%	390mg/17%	30g/11%	3g/10%	6g	4g	140	5
<b>Lo Carb 9 Grain</b>	Freshly milled whole wheat flour, water, honey, wheat gluten, eggs, 9-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat), wheat bran, oat bran, oats, flax meal, yeast, tofu and salt	3.5g/4%	0g%	0mg/0%	290mg/13%	15g/5%	3g/11%	4g	7g	120	6
<b>Marble Rye</b>	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, caraway powder, yeast, caramel coloring, and salt	0.5g/1%	0g	0mg/0%	350mg/15%	27g/9%	2g/8%	5g	4g	130	5
<b>Marble Rye Swiss</b>	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, caraway powder, swiss cheese, yeast, caramel coloring, and salt										
<b>Parmesan Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g/1%	0g	0mg/0%	460mg/20%	25g/9%	1g/3%	0g	4g	130	10
<b>Sonoma</b>	Whole wheat flour, enriched white flour, yeast, water, honey, 9-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat), raisins, oats, cranberries, sunflower seeds, walnuts and salt	0.5g/1%	0g	0mg/0%	200mg/9%	29g/10%	3g/12%	7g	5g	140	20
<b>Strawberry Shortcake</b>	White flour, brown sugar, chopped strawberries, sour cream, eggs, canola oil, strawberry extract, baking powder, and salt.										
<b>White Cheddar Garlic</b>	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g/3%	0g	10mg/3%	260mg/11%	21g/8%	1g/3%	3g	5g	130	25

Serving Size: 56g (2 oz). There are 15 servings in a 30oz loaf. \*\*Serving Size: 1/4 loaf (125g). Notations made in "Amount Percent Daily Values" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only. \*Cinnamon chips contain sugar, palm oil, cinnamon, nonfat dry milk, and soy lecithin. ALL BREADS MAY CONTAIN TRACES OF SOY.