

| AUGUST 2022 | Ingredients | Fat | Trans Fat | Chol. | Sodium | Carbs | Fiber | Sugar | Protein | Calories | Calories from Fat |
|-----------------------------------|---|------------|------------------|--------------|---------------|--------------|--------------|--------------|----------------|-----------------|--------------------------|
| Cheddar Jalapeño Sourdough | Enriched white flour, water, sourdough starter, yeast, cheddar cheese, jalapeños, and salt. | | | | | | | | | | |
| Cinnamon Raisin Walnut | Enriched white flour, water, raisins, walnuts, buttermilk, eggs, canola oil, sugar, yeast, cinnamon, and salt. | | | | | | | | | | |
| Cinnamon Cranberry Walnut | Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, skim milk, dried cranberries, walnuts. | | | | | | | | | | |
| Extreme Cinnamon Chip | 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 |
| Extreme Cinnamon Swirl | 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 |
| Harvest White | Enriched white flour, water, yeast, corn sweetener, and salt | 0g/1% | 0g | 0mg/0% | 380mg/16% | 31g/10% | 1g/4% | 5g | 4g | 140 | 5 |
| Honey Whole Wheat | 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 |
| Italian Sourdough | Enriched white flour, water, sourdough starter, yeast and salt. | | | | | | | | | | |
| Joe's Rye | 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 |
| Lo Carb 9 Grain | 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 |
| Marble Rye | 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 |
| Parmesan Sourdough | 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 |
| Sundried Tomato Swiss | Enriched white flour, water, spinach, corn sweetener, sun dried tomatoes, swiss cheese, yeast, salt, garlic, and pepper | 0.5g/1% | 0g | 0mg/0% | 390mg/16% | 26g/9% | 3g/12% | 6g | 4g | 120 | 5 |
| White Cheddar Garlic | 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.