

**OCTOBER 2024**

	Ingredients	Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
<b>Cherry Walnut</b>	Whole wheat flour, water, yeast, salt, honey, cherries, walnuts										
<b>Cheddar Jalapeno Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, salt, cheddar cheese, chad jalapeno peppers										
<b>Caramel Apple Cinnamon Selt</b>	Enriched white flour, water, cinnamon chips, caramel, apple chunks, corn sweetener, margarine, brown sugar, yeast and salt										
<b>Cinnamon Raisin Walnut</b>	Enriched white flour, water, raisin, walnuts, butter, milk, egg, vanilla oil, sugar, yeast, cinnamon, and salt								-		
<b>Cinnamon Cranberry Walnut</b>	Enriched white flour, sugar, salt, yeast, cinnamon, egg, vanilla oil, water, skim milk, dried cranberries, walnuts										
<b>Extreme Cinnamon Chip</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g1%	0g	0mg0%	330mg13%	25g13%	1g0%	0g	4g	180	25
<b>Extreme Cinnamon Selt</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast and salt	2g0%	0g	0mg0%	290mg13%	34g13%	1g0%	14g	3g	170	20
<b>Harvest White</b>	Enriched white flour, water, yeast, corn sweetener, and salt	5g1%	0g	0mg0%	380mg16%	31g16%	1g0%	5g	4g	140	5
<b>Honey Whole Wheat</b>	Freshly milled wheat flour or the highest protein concentrate together with water, honey, yeast and salt	0.5g1%	0g	0mg0%	320mg14%	25g0%	4g14%	0g	0g	130	5
<b>Italian Sourdough</b>	Enriched white flour, water, sourdough starter, yeast and salt	1g1%	0g	0mg0%	450mg20%	25g0%	1g0%	0g	4g	130	10
<b>Ju's Rye</b>	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, annatto powder, and salt	0.5g1%	0g	0mg0%	380mg17%	30g11%	3g0%	0g	4g	140	5
<b>Lo Carb 9 Grain</b>	Freshly milled whole wheat flour, water, honey wheat gluten, egg 0-grain mix (honey, broken hard, corn, flax, millet, oats, red wheat, rye, white wheat, wheat bran, soft bran, oak, flaxseed), yeast, salt, and salt	3.5g1%	0g*	0mg0%	290mg13%	15g0%	3g1%	4g	7g	120	6
<b>Marble Rye</b>	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, annatto powder, yeast, caramel coloring, and salt	0.5g1%	0g	0mg0%	350mg15%	27g0%	2g0%	5g	4g	130	5
<b>Parmesan Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g1%	0g	0mg0%	450mg20%	25g0%	1g0%	0g	4g	130	10
<b>Dragon Bread</b>	White flour, water, corn sweetener, apricot, mozzarella cheese, seasoned peppers, yeast, garlic, onion, and salt										
<b>White Cheddar Garlic</b>	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g1%	0g	10mg0%	200mg11%	21g0%	1g0%	3g	5g	130	25

Serving Size: 60g (2 oz). There are 10 servings in a 300g loaf. \*\*Serving Size: 1/4 loaf (125g). Nutrients are "Amount Per Serving 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, modified dry milk, and egg lecithin. ALL BREADS MAY CONTAIN TRACES OF SOY.