

JANUARY 2023		Ingredients	Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories fromfat
Cinnamon Raisin Walnut	Enriched white flour, water, raisin, walnut, butter/milk, egg, vanilla oil, sugar, yeast, cinnamon, and salt									-		
Cinnamon Cranberry Walnut	Enriched white flour, sugar, salt, yeast, cinnamon, egg, vanilla oil, water, almond, dried cranberries, walnuts											
Extreme Cinnamon Chip	Enriched white flour, water, cinnamon chips/ corn sweetener, yeast, and salt	3g1%	0g	0mg0%	320mg13%	32g13%	1g1%	9g	4g	188	25	
Extreme Cinnamon Swirl	Enriched white flour, water, cinnamon chips/ corn sweetener, margarine, brown sugar, yeast, and salt	2g0%	0g	0mg0%	260mg10%	34g13%	1g1%	14g	3g	176	20	
Everything Cheddar	Enriched white flour, water, yeast, corn sweetener, oil, cheddar cheese, everything bagel seasoning, salt											
Honey White	Enriched white flour, water, yeast, corn sweetener, and salt	5g1%	0g	0mg0%	380mg15%	31g12%	1g1%	5g	4g	148	5	
Honey Whole Wheat	Freshly milled whole flour with high protein content mixed together with water, honey, yeast and salt	8.5g1%	0g	0mg0%	320mg14%	25g9%	4g14%	6g	6g	138	5	
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast and salt	1g1%	0g	0mg0%	460mg20%	25g9%	1g2%	0g	4g	138	10	
Jov's Rye	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, xanthan powder, and salt	8.5g1%	0g	0mg0%	380mg17%	30g11%	3g10%	6g	4g	148	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, oak, farro), yeast, salt, and oil	3.5g1%	0g	0mg0%	290mg13%	15g5%	3g11%	4g	7g	128	6	
Marble Rye	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, xanthan powder, yeast, caramel coloring, and salt	8.5g1%	0g	0mg0%	350mg15%	27g9%	2g1%	5g	4g	138	5	
Parmesan Sourdough	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g1%	0g	0mg0%	460mg20%	25g9%	1g2%	0g	4g	138	10	
Pizza Swirl	Enriched white flour, water, yeast, corn sweetener, and salt mixed with pizza sauce, mozzarella cheese, basil, oregano, and garlic	3g0%	0g	10mg0%	310mg13%	16g6%	1g1%	3g	6g	128	25	
White Cheddar Garlic	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g0%	0g	10mg0%	200mg11%	21g8%	1g2%	3g	5g	138	25	
White Chocolate Caramel Bread Pudding**	Enriched white flour, cinnamon chips/ eggs, half & half, almond, sugar, margarine, vanilla, cinnamon, caramel bits, white chocolate chips, water, powdered sugar, yeast, and salt	15g10%	0g	65mg0%	380mg17%	57g21%	1g1%	34g	6g	308	130	

Serving Size: 56g (2 oz). There are 15 servings in a 30oz loaf. **Serving Size: 1/4 loaf (25g). Nutritionals 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, yeast, dry milk, and soy lecithin. ALL BREADS MAY CONTAIN TRACES OF SOY.