

MAY 2023		Ingredients	Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Colors	Calories from Fat
Cheddar Pretzel		Enriched white flour, water, brown sugar, cheddar cheese, honey, half and half, margarine, yeast, salt, baking soda										
Cinnamon Chip Apple Sait		White flour, yeast, water, corn sweetener, salt, cinnamon chips*, apples *Tostitos brand Tostitos										
Cinnamon Raisin Walnut		Enriched white flour, water, raisin, walnuts, butter/milk, eggs, vanilla oil, sugar, yeast, cinnamon, and salt										
Extreme Cinnamon Chip		Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g/1%	0g	0mg/0%	330mg/13%	35g/13%	1g/1%	5g	4g	180	25
Extreme Cinnamon Sait		Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g/1%	0g	0mg/0%	290mg/13%	34g/12%	1g/1%	14g	3g	170	20
Harvest White		Enriched white flour, water, yeast, corn sweetener, and salt	8g/1%	0g	0mg/0%	380mg/16%	31g/10%	1g/1%	5g	4g	140	5
Honey Whole Wheat		Freshly milled wheat flour or the highest protein corn meal mixed together with water, honey, yeast, and salt	8.5g/1%	0g	0mg/0%	320mg/14%	22g/8%	4g/14%	6g	5g	130	0
Italian Sourdough		Enriched white flour, water, sourdough starter, yeast, and salt	1g/1%	0g	0mg/0%	450mg/20%	25g/9%	1g/1%	0g	4g	130	10
Jalapeno Cheddar		Enriched white flour, water, yeast, corn sweetener, salt, cheddar cheese, jalapenos										
Jo's Rye		Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, orange powder, and salt	8.5g/1%	0g	0mg/0%	390mg/17%	30g/11%	3g/10%	6g	4g	140	5
Lo Cab 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, calcium case, ferrous, yeast, salt, and salt	2.5g/1%	0g/1%	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, orange powder, yeast, caramel coloring, and salt	8.5g/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%	450mg/20%	25g/9%	1g/1%	0g	4g	130	10
Sonoma		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, emulsifier, softener, vanilla, and salt	8.5g/1%	0g	0mg/0%	290mg/13%	23g/8%	3g/12%	7g	5g	140	20
White Cheddar Garlic		Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g/1%	0g	10mg/0%	290mg/13%	21g/8%	1g/1%	3g	5g	130	25
White Chocolate Caramel Bread Pudding**		Enriched white flour, cinnamon chips*, eggs, half & half, almond milk, sugar, margarine, vanilla, cinnamon, caramel bits, white chocolate chips, water, powdered sugar, yeast, and salt	11g/13%	0g/0%	65mg/21%	390mg/17%	37g/21%	1g/1%	34g	6g	290	120

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