

APRIL 2024	Ingredients	Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories fromfat
Cheddar Jalapeno Sourdough	Enriched white flour, water, sourdough starter, yeast, salt, cheddar cheese, food preservatives										
Cinnamon Raisin Walnut	Enriched white flour, water, water, walnuts, butter, milk, eggs, vanilla oil, sugar, yeast, cinnamon, and salt								-		
Cinnamon Cranberry Walnut	Enriched white flour, sugar, salt, yeast, cinnamon, eggs, vanilla oil, water, almond, dried cranberries, walnuts										
Extreme Cinnamon Chip	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g4%	0g	0mg0%	330mg13%	25g13%	1g4%	0g	4g	180	25
Extreme Cinnamon Swirl	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g3%	0g	0mg0%	290mg12%	24g12%	1g4%	14g	3g	170	20
Harvest White	Enriched white flour, water, yeast, corn sweetener, and salt	0g0%	0g	0mg0%	380mg16%	21g9%	1g4%	5g	4g	140	5
Honey Whole Wheat	Freshly milled whole flour or bleached protein enriched multi-grain wheat with water, honey, yeast, and salt	0.5g1%	0g	0mg0%	320mg14%	22g9%	4g14%	6g	5g	120	5
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast, and salt	1g1%	0g	0mg0%	450mg20%	25g9%	1g2%	0g	4g	120	10
Juicy Rye	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, caraway powder, and salt	0.5g1%	0g	0mg0%	390mg17%	30g11%	1g2%	0g	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, fennel seed, yeast, and salt	1.5g4%	0g	0mg0%	290mg12%	15g5%	2g11%	4g	7g	120	6
Maple Rye	Whole wheat flour, enriched white flour, water, honey, dry strip corn sweetener, rye flour, caraway powder, yeast, caramel coloring, and salt	0.5g1%	0g	0mg0%	350mg15%	27g9%	2g3%	2g	4g	120	5
Parmesan Sourdough	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g1%	0g	0mg0%	450mg20%	25g9%	1g2%	0g	4g	120	10
Dragon Bread	White flour, water, corn sweetener, apricot, mozzarella cheese, seeded peppers, yeast, garlic, onion, and salt										
White Cheddar Garlic	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g3%	0g	10mg0%	200mg11%	21g8%	1g2%	2g	5g	120	25
White Chocolate Caramel Bread Pudding**	Enriched white flour, cinnamon chips, eggs, half & half, almond, sugar, margarine, white, cinnamon, caramel bits, white chocolate chips, water, powdered sugar, yeast, and salt	15g14%	0g	65mg21%	290mg17%	27g21%	1g4%	24g	6g	290	100

Serving Size: 56g (2 oz). There are 15 servings in a 30oz loaf. **Serving Size: 1/4 loaf (225g). Nutritionals made in "Amount Per Percent Daily Values" are based on a 2000 calorie diet. Nutritionals subject for breads with fillings or toppings such as nutt, groups of cheese are approximate only. *Cinnamon chips contain sugar, palm oil, cinnamon, neutral dry milk, and soy lecithin. ALL BREADS MAY CONTAIN TRACES OF SOY.