

SEPTEMBER 2023	Ingredients	Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Cinnamon Raisin Walnut	Enriched white flour, water, raisin, wheat's bran, butter, milk, egg, canola oil, sugar, yeast, cinnamon, and salt.								-		
Dakota	Whole wheat flour, honey, water, yeast, salt, millet, sunflower seeds, pumpkin seeds	3.5g/5%	0g	0mg/0%	240mg/10%	21g/7%	3g/1%	5g	5g	130	30
Everything Country French	White flour, yeast, water, salt, oil, garlic onion, poppy seeds, sesame seeds, and salt	4.5g/7%	0g	0mg/0%	170mg/7%	25g/8%	1g/4%	0g	4g	160	40
Cinnamon Cranberry Walnut	Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, almond, dried cranberries, walnut										
Extreme Cinnamon Chip	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g/8%	0g	0mg/0%	330mg/13%	33g/12%	1g/4%	9g	4g	180	25
Extreme Cinnamon Seltz	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g/3%	0g	0mg/0%	290mg/12%	14g/12%	1g/4%	14g	3g	170	20
Harvest White	Enriched white flour, water, yeast, corn sweetener, and salt	8g/1%	0g	0mg/0%	380mg/16%	31g/8%	1g/4%	0g	4g	140	5
Honey Whole Wheat	Freshly milled whole flour or the highest protein concentrated together with water, honey, yeast, and salt	8.5g/1%	0g	0mg/0%	320mg/14%	25g/8%	4g/14%	0g	5g	120	5
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast, and salt.	1g/1%	0g	0mg/0%	460mg/20%	25g/9%	1g/7%	0g	4g	120	10
Jalapeno Cheddar Sourdough	Enriched white flour, water, sourdough starter, yeast, cheddar cheese, jalapeno peppers, salt										
Joe's Rye	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, cane sugar powder, and salt	8.5g/1%	0g	0mg/0%	390mg/17%	30g/11%	3g/8%	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, rye bran, rye, fermented yeast, fat, and salt	3.5g/4%	0g/0%	0mg/0%	290mg/13%	15g/5%	3g/11%	4g	7g	120	6
Marble Rye	Whole wheat flour, enriched with flour, water, honey, corn sweetener, rye flour, cane sugar powder, yeast, caramel coloring, and salt	8.5g/1%	0g	0mg/0%	330mg/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/7%	0g	4g	120	10
White Cheddar Garlic	Enriched white flour, water, corn sweetener, yeast, cheddar or chive, onion, garlic, salt	2.5g/3%	0g	10mg/5%	260mg/11%	21g/8%	1g/7%	3g	5g	130	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, alcohol	11g/19%	g/20%	65mg/21%	390mg/17%	37g/21%	1g/4%	34g	6g	390	120

Serving Size: 56g (2 oz). There are 15 servings in a 30oz loaf. **Serving Size: 1/4 loaf (125g). Nutrients are in "Amount Per Serving 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, yeast, dry milk, and any leavening. ALL BREADS MAY CONTAIN TRACES OF SOY.