

JUNE 2025		Ingredients	Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Blueberry Cranberry												
Cinnamon Cranberry Walnut		Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, almond milk, dried cranberries, walnuts										
Dragon Bread		White flour, water, corn sweetener, apricot, parmesan cheese, sweetened peppers, yeast, garlic, onion, and salt										
Extreme Cinnamon Chip		Enriched white flour, water, cinnamon chips*, corn sweetener, yeast and salt	3gK%	0g	8mg0%	330mg15%	35g12%	1g0%	9g	4g	180	25
Extreme Cinnamon Selt		Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, toffee sugar, yeast and salt	3g0%	0g	8mg0%	300mg13%	34g12%	1g0%	14g	3g	170	20
Harvest White		Enriched white flour, water, yeast, corn sweetener, and salt	8g1%	0g	8mg0%	380mg16%	21g10%	1g0%	5g	4g	140	5
Honey Whole Wheat		Freshly rolled wheat flour with the highest protein content mixed together with water, honey, yeast, and salt	8.5g1%	0g	8mg0%	320mg14%	23g9%	4g14%	6g	5g	130	5
Italian Sourdough		Enriched white flour, water, sourdough starter, yeast and salt	1g1%	0g	8mg0%	460mg20%	25g9%	1g0%	0g	4g	130	10
Joe's Rye		Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, caraway powder, and salt	8.5g1%	0g	8mg0%	390mg17%	30g11%	3g0%	6g	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, cottonseed, oats, flaxseed, yeast, salt, and salt	1.5g0%	0g	8mg0%	290mg13%	15g0%	3g1%	4g	7g	120	6
Marble Rye		Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, caraway powder, yeast, caramel coloring, and salt	8.5g1%	0g	8mg0%	350mg15%	27g9%	2g0%	5g	4g	130	5
Parmesan Sourdough		Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g1%	0g	8mg0%	460mg20%	25g9%	1g0%	0g	4g	130	10
Pizza Selt		Enriched white flour, water, yeast, corn sweetener, and salt mixed with pizza sauce, mozzarella cheese, basil, oregano, and garlic	3g0%	0g	10mg0%	310mg13%	18g8%	1g0%	3g	6g	120	25
White Cheddar Garlic		Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g0%	0g	16mg0%	360mg11%	21g8%	1g0%	3g	5g	130	25
Strawberry White Chocolate Bread Pudding**		Enriched white flour, strawberries, eggs, salt, all den milk, sugar, margarine, vanilla, cinnamon, white chocolate chips, water, powdered sugar, yeast, and salt	15g10%	7g20%	65mg21%	390mg17%	57g21%	1g0%	26g	6g	300	130

Serving Size: May 021. There are 10 servings in a 300g loaf. \*\*Serving Size: 1/4 loaf (105g). Nutritional values in "Amount Per Serving" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as nuts, grains of cheese are approximate only. Cinnamon chips contain sugar, palm oil, cinnamon, and/or dry milk, and any leavening. ALL BREADS MAY CONTAIN TRACES OF SOY.