

| Sept /Oct 2026                          | Ingredients                                                                                                                                                                                                             | Fat     | Trans Fat | Chol.   | Sodium    | Carbs   | Fiber  | Sugar | Protein | Calories | Calories from Fat |
|-----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|---------|-----------|---------|--------|-------|---------|----------|-------------------|
| <b>Cinnamon Caramel Apple Swirl</b>     | Enriched white flour, water, cinnamon chips, caramel, apple chunks, corn sweetener, margarine, brown sugar, yeast and salt.                                                                                             |         |           |         |           |         |        |       |         |          |                   |
| <b>Cinnamon Raisin Walnut Sourdough</b> | Enriched White Flour, Cinnamon, Raisin, walnuts, Water, Sourdough Starter, Yeast and salt                                                                                                                               |         |           |         |           |         |        |       |         |          |                   |
| <b>Cinnamon Cranberry Walnut</b>        | Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, skim milk, dried cranberries, walnuts.                                                                                                      |         |           |         |           |         |        |       |         |          |                   |
| <b>Dragon Bread</b>                     | White flour, water, corn sweetener, spinach, parmesan cheese, sweet red peppers, yeast, garlic, onion, and salt.                                                                                                        |         |           |         |           |         |        |       |         |          |                   |
| <b>Extreme Cinnamon Chip</b>            | Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt                                                                                                                                           | 3g/4%   | 0g        | 0mg/0%  | 330mg/15% | 35g/13% | 1g/4%  | 9g    | 4g      | 180      | 25                |
| <b>Extreme Cinnamon Swirl</b>           | Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt                                                                                                                   | 2g/3%   | 0g        | 0mg/0%  | 290mg/13% | 34g/13% | 1g/4%  | 14g   | 3g      | 170      | 20                |
| <b>Harvest White</b>                    | Enriched white flour, water, yeast, corn sweetener, and salt                                                                                                                                                            | 0g/1%   | 0g        | 0mg/0%  | 380mg/16% | 31g/10% | 1g/4%  | 5g    | 4g      | 140      | 5                 |
| <b>Honey Whole Wheat</b>                | Freshly milled wheat flour of the highest protein content mixed together with water, honey, yeast, and salt                                                                                                             | 0.5g/1% | 0g        | 0mg/0%  | 320mg/14% | 25g/9%  | 4g/14% | 6g    | 5g      | 130      | 5                 |
| <b>Italian Sourdough</b>                | Enriched white flour, water, sourdough starter, yeast and salt.                                                                                                                                                         | 1g/1%   | 0g        | 0mg/0%  | 460mg/20% | 25g/9%  | 1g/3%  | 0g    | 4g      | 130      | 10                |
| <b>Joe's Rye</b>                        | Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, caraway powder, and salt                                                                                                     | 0.5g/1% | 0g        | 0mg/0%  | 390mg/17% | 30g/11% | 3g/10% | 6g    | 4g      | 140      | 5                 |
| <b>Lo Carb 9 Grain</b>                  | 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, flax meal, yeast, tofu and salt | 3.5g/4% | 0g%       | 0mg/0%  | 290mg/13% | 15g/5%  | 3g/11% | 4g    | 7g      | 120      | 6                 |
| <b>Marble Rye</b>                       | Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, caraway powder, yeast, caramel coloring, and salt                                                                                     | 0.5g/1% | 0g        | 0mg/0%  | 350mg/15% | 27g/9%  | 2g/8%  | 5g    | 4g      | 130      | 5                 |
| <b>Parmesan Sourdough</b>               | Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt                                                                                                                                        | 1g/1%   | 0g        | 0mg/0%  | 460mg/20% | 25g/9%  | 1g/3%  | 0g    | 4g      | 130      | 10                |
| <b>White Cheddar Garlic</b>             | Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic and salt                                                                                                                              | 2.5g/3% | 0g        | 10mg/3% | 260mg/11% | 21g/8%  | 1g/3%  | 3g    | 5g      | 130      | 25                |

Serving Size: 56g (2 oz). There are 15 servings in a 30oz loaf. \*\*Serving Size: 1/4 loaf (125g). Notations 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, nonfat dry milk, and soy lecithin. ALL BREADS MAY CONTAIN TRACES OF SOY.