

<b>MAY 2022</b>		<b>Ingredients</b>	<b>Fat</b>	<b>Trans Fat</b>	<b>Chol.</b>	<b>Sodium</b>	<b>Carbs</b>	<b>Fiber</b>	<b>Sugar</b>	<b>Protein</b>	<b>Calories</b>	<b>Calories from Fat</b>
<b>Cinnamon Raisin Walnut</b>	Enriched white flour, water, raisins, walnuts, buttermilk, eggs, canola oil, sugar, yeast, cinnamon, and salt.											
<b>Cinnamon Cranberry Walnut</b>	Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, skim milk, dried cranberries, walnuts.											
<b>Extreme Cinnamon Chip</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	<b>3g/4%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>330mg/15%</b>	<b>35g/13%</b>	<b>1g/4%</b>	<b>9g</b>	<b>4g</b>	<b>180</b>	<b>25</b>	
<b>Extreme Cinnamon Swirl</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	<b>2g/3%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>290mg/13%</b>	<b>34g/13%</b>	<b>1g/4%</b>	<b>14g</b>	<b>3g</b>	<b>170</b>	<b>20</b>	
<b>Ezekiel</b>	Freshly milled whole wheat flour, yeast, water, honey, millet, barley, lentils, northern beans, pinto beans, kidney beans, millet and salt	<b>0g/0%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>310mg/13%</b>	<b>25g/8%</b>	<b>5g/20%</b>	<b>6g</b>	<b>6g</b>	<b>130</b>	<b>5</b>	
<b>Everything Cheddar</b>	Enriched white flour, water, corn sweetener, yeast, canola oil, cheddar cheese, everything bagel seasoning, salt.											
<b>Harvest White</b>	Enriched white flour, water, yeast, corn sweetener, and salt	<b>0g/1%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>380mg/16%</b>	<b>31g/10%</b>	<b>1g/4%</b>	<b>5g</b>	<b>4g</b>	<b>140</b>	<b>5</b>	
<b>Honey Whole Wheat</b>	Freshly milled wheat flour of the highest protein content mixed together with water, honey, yeast, and salt	<b>0.5g/1%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>320mg/14%</b>	<b>25g/9%</b>	<b>4g/14%</b>	<b>6g</b>	<b>5g</b>	<b>130</b>	<b>5</b>	
<b>Italian Sourdough</b>	Enriched white flour, water, sourdough starter, yeast and salt.											
<b>Joe's Rye</b>	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, caraway powder, and salt	<b>0.5g/1%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>390mg/17%</b>	<b>30g/11%</b>	<b>3g/10%</b>	<b>6g</b>	<b>4g</b>	<b>140</b>	<b>5</b>	
<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	<b>3.5g/4%</b>	<b>0g%</b>	<b>0mg/0%</b>	<b>290mg/13%</b>	<b>15g/5%</b>	<b>3g/11%</b>	<b>4g</b>	<b>7g</b>	<b>120</b>	<b>6</b>	
<b>Marble Rye</b>	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, caraway powder, yeast, caramel coloring, and salt	<b>0.5g/1%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>350mg/15%</b>	<b>27g/9%</b>	<b>2g/8%</b>	<b>5g</b>	<b>4g</b>	<b>130</b>	<b>5</b>	
<b>Parmesan Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	<b>1g/1%</b>	<b>0g</b>	<b>0mg/0%</b>	<b>460mg/20%</b>	<b>25g/9%</b>	<b>1g/3%</b>	<b>0g</b>	<b>4g</b>	<b>130</b>	<b>10</b>	
<b>Pizza Swirl</b>	Enriched white flour, water, yeast, corn sweetener, and salt swirled with pizza sauce, mozzarella cheese, basil, oregano, and garlic.	<b>3g/5%</b>	<b>0g</b>	<b>10mg/3%</b>	<b>310mg/13%</b>	<b>18g/6%</b>	<b>1g/4%</b>	<b>3g</b>	<b>6g</b>	<b>120</b>	<b>25</b>	
<b>White Cheddar Garlic</b>	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	<b>2.5g/3%</b>	<b>0g</b>	<b>10mg/3%</b>	<b>260mg/11%</b>	<b>21g/8%</b>	<b>1g/3%</b>	<b>3g</b>	<b>5g</b>	<b>130</b>	<b>25</b>	
<b>White Chocolate Caramel Bread Pudding**</b>	Enriched white flour, cinnamon chips*, eggs, half & half, skim milk, sugar, margarine, vanilla, cinnamon, caramel bits, white chocolate chips, water, powdered sugar, yeast, and salt	<b>15g/19%</b>	<b>7g/36%</b>	<b>65mg/21%</b>	<b>390mg/17%</b>	<b>57g/21%</b>	<b>1g/4%</b>	<b>36g</b>	<b>6g</b>	<b>390</b>	<b>130</b>	

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.