

JUNE 2024

	Ingredients	Fat	Trans a Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Cheddar Pretzel	Enriched white flour, water, brown sugar, cheddar cheese, honey, half and half, margarine, yeast, salt, baking soda										
Cherry Walnut	Whole wheat flour, water, yeast, salt, honey, cherries, walnuts										
Cinnamon Raisin Walnut	Enriched white flour, water, raisin, walnuts, butter/milk, eggs, canola oil, sugar, yeast, cinnamon, and salt								-		
Cinnamon Cranberry Walnut	Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, skim milk, dried cranberries, walnuts										
Extreme Cinnamon Chip	Enriched white flour, water, "cinnamon chips", corn sweetener, yeast, and salt	3g6%	0g	0mg0%	330mg13%	25g13%	1g0%	9g	4g	180	25
Extreme Cinnamon Salt	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt	2g3%	0g	0mg0%	290mg13%	34g13%	1g0%	14g	3g	170	20
Harvest White	Enriched white flour, water, yeast*, corn sweetener, and salt	5g1%	0g	0mg0%	380mg16%	31g10%	1g0%	5g	4g	140	5
Honey Whole Wheat	Freshly milled wheat flour or the highest protein enriched wheat with water, honey, yeast, and salt	1.5g1%	0g	0mg0%	320mg14%	25g9%	4g14%	6g	5g	130	5
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast, and salt	1g1%	0g	0mg0%	450mg20%	25g9%	1g0%	0g	4g	130	10
Ju's Rye	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, annatto powder, and salt	0.5g1%	0g	0mg0%	380mg17%	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, cellulose, oak, licorice, yeast, salt, and salt	1.5g0%	0g	0mg0%	290mg13%	15g5%	3g1%	4g	7g	120	6
Marble Rye	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, annatto powder, yeast, caramel coloring, and salt	0.5g1%	0g	0mg0%	350mg15%	27g9%	2g0%	5g	4g	130	5
Dragon Bread	White flour, water, corn sweetener, apricot, macarilla cheese, seasoned 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%	260mg11%	21g8%	1g0%	3g	5g	130	25

Serving Size: 56g (2 oz). There are 20 servings in a 10oz loaf. **Serving Size: 1/4 loaf (112g). Ingredients 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, yeast, dry milk, and soy lecithin. All BREADS MAY CONTAIN TRACES OF SOY.