

FEBRUARY 2024		Ingredients	Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories fromfat
Cinnamon Raisin Walnut	Enriched white flour, water, raisin, walnut, butter/milk, egg, a carole of sugar, yeast, cinnamon, and salt.									-		
Cinnamon Cranberry Walnut	Enriched white flour, sugar, salt, yeast, cinnamon, egg, carole of water, almond, dried cranberries, walnuts.											
Extreme Cinnamon Chip	Enriched white flour, water, cinnamon chips/ corn sweetener, yeast, and salt	3g1%	0g	0mg0%	320mg13%	23g13%	1g0%	0g	4g	100	25	
Extreme Cinnamon Swirl	Enriched white flour, water, cinnamon chips/ corn sweetener, margarine, brown sugar, yeast, and salt	2g0%	0g	0mg0%	200mg13%	24g13%	1g0%	14g	3g	170	20	
Everything Cheddar	Enriched white flour, water, corn sweetener, yeast, carole of cheddar cheese, everything bagel seasoning, salt											
Harvest White	Enriched white flour, yeast, corn sweetener and salt	0g0%	0g	0mg0%	300mg16%	31g16%	1g0%	5g	4g	140	5	
Honey Whole Wheat	Freshly milled whole flour, whole grain protein concentrate together with water, honey, yeast and salt	0.5g1%	0g	0mg0%	220mg14%	25g9%	4g14%	0g	0g	130	5	
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast and salt	1g1%	0g	0mg0%	400mg20%	25g9%	1g0%	0g	4g	130	10	
Jov's Rye	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, caraway powder, and salt	0.5g1%	0g	0mg0%	300mg17%	30g11%	3g0%	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, oat bran, oak, farro), yeast, salt, and salt	3.5g1%	0g	0mg0%	200mg13%	15g5%	3g11%	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	0.5g1%	0g	0mg0%	350mg15%	27g9%	2g0%	5g	4g	130	5	
Parmesan Sourdough	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g1%	0g	0mg0%	400mg20%	25g9%	1g0%	0g	4g	130	10	
Dragon Bread	White flour, water, corn sweetener, spruce parmesan cheese, seasoned peppers, yeast, garlic, onion, and salt											
White Cheddar Garlic Bread	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g2%	0g	10mg0%	200mg11%	21g8%	1g0%	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, and salt	15g10%	0g	0mg0%	300mg17%	57g21%	1g0%	30g	6g	300	130	

Serving Size: 56g (2 oz). There are 15 servings in a 30oz loaf. **Serving Size: 1/4 loaf (35g). Nutritional info 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.