November 2026	Ingredients	Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Cinnamon Raisin Walnut Sourdough	Enriched white flour, water, sourdough starter, yeast, salt, walnuts, cinnamon chips and raisin.										
Dragon Bread	White flour, water, corn sweetener, spinach, parmesan cheese, sweet red peppers, yeast, garlic, onion, and salt.										
Extreme Cinnamon Chip	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
Extreme Cinnamon Swirl	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
Harvest White	Enriched white flour, water, yeast, corn sweetener, and salt	0g/1%	0g	0mg/0%	380mg/16%	31g/10%	1g/4%	5g	4g	140	5
Honey Whole Wheat	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
Italian Sourdough	Enriched white flour, water, sourdough starter, yeast and salt.	1g/1%	0g	0mg/0%	460mg/20%	25g/9%	1g/3%	0g	4g	130	10
Joe's Rye	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
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, oats, flax meal, yeast, tofu and salt	3.5g/4%	0g%	0mg/0%	290mg/13%	15g/5%	3g/11%	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	0.5g/1%	0g	0mg/0%	350mg/15%	27g/9%	2g/8%	5g	4g	130	5
Parmesan Sourdough	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
White Cheddar Garlic	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g/3%	0g	10mg/3%	260mg/11%	21g/8%	1g/3%	3g	5g	130	25
White Chocolate Caramel Bread Pudding**	Enriched white flour, eggs, half & half, skim milk, sugar, margarine, vanilla, cinnamon chips, caramel, white chocolate chips, water, powdered sugar, yeast, and salt	15g/19%	7g/36%	65mg/21%	390mg/17%	57g/21%	1g/4%	36g	6g	390	130

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.**