

MARCH 2025		Ingredients	Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Cherry Walnut		Whole wheat flour, water, yeast, salt, honey, cherries, walnuts										
Cinnamon Cranberry Walnut		Enriched white flour, sugar, salt, yeast, cinnamon, eggs, vanilla oil, water, skim milk, dried cranberries, walnuts										
Dragon Bread		White flour, water, corn meal/semolina, sprouts, parmesan cheese, seasoned peppers, yeast, garlic, onion, and salt										
Extreme Cinnamon Chip		Enriched white flour, water, cinnamon chips, corn meal/semolina, yeast, and salt	3g6%	0g	0mg0%	320mg13%	35g13%	1g4%	9g	4g	180	23
Extreme Cinnamon Swirl		Enriched white flour, water, cinnamon chips, corn meal/semolina, margarine, brown sugar, yeast, and salt	2g3%	0g	0mg0%	290mg13%	34g13%	1g4%	14g	3g	170	20
Esakiel		Freshly milled whole wheat flour, yeast, water, honey, millet, barley, lentils, northern beans, pinto beans, kidney beans, milled lentils, salt	8g8%	0g	0mg0%	310mg13%	25g8%	5g20%	6g	6g	130	5
Harvest White		Enriched white flour, water, yeast, corn meal/semolina, and salt	5g1%	0g	0mg0%	380mg16%	31g10%	1g4%	5g	4g	140	3
Honey Whole Wheat		Freshly milled wheat flour of the highest protein content mixed together with water, honey, yeast, and salt	8.5g1%	0g	0mg0%	320mg14%	25g9%	4g14%	6g	5g	130	5
Irish Soda Bread		Whole wheat flour, white flour, raisins, honey, buttermilk, salt, baking powder, baking soda	0.5g1%	0g	0mg0%	200mg8%	27g9%	2g8%	0g	4g	130	5
Italian Sourdough		Enriched white flour, water, sourdough starter, yeast, and salt	1g1%	0g	0mg0%	460mg20%	25g9%	1g2%	0g	4g	130	10
Juiz's Rye		Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, cinnamon powder, and salt	0.2g1%	0g	0mg0%	390mg17%	30g11%	3g10%	6g	4g	140	3
Lo Cab 9 Grain		Freshly milled whole wheat flour, water, honey, whole grain, eggs, 8-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat, whole wheat, oat bran, cash, farro), yeast, salt, and oil	3.5g1%	0g	0mg0%	290mg13%	15g5%	3g11%	4g	7g	120	6
Marble Rye		Whole wheat flour, enriched white flour, water, honey, corn meal/semolina, rye flour, cinnamon powder, yeast, caramel coloring, and salt	0.5g1%	0g	0mg0%	350mg16%	27g9%	2g8%	5g	4g	130	5
Parmesan Sourdough		Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g1%	0g	0mg0%	460mg20%	25g9%	1g2%	0g	4g	130	10
Potato Cheddar Chive		White flour, water, honey, yeast, potato flakes, cheddar cheese, chives, and salt. Top has a light egg wash.										
White Cheddar Garlic		Enriched white flour, water, corn meal/semolina, yeast, cheddar cheese, onion, garlic, salt	2.5g2%	0g	10mg0%	200mg11%	21g8%	1g2%	3g	5g	130	23
White Chocolate Caramel Bread Pudding**		Enriched white flour, cinnamon chips, eggs, half & half, skim milk, sugar, margarine, white, cinnamon, caramel bits, white chocolate chips, water, powdered sugar, yeast, and salt	15g18%	0g	65mg0%	300mg17%	27g10%	1g4%	28g	6g	390	130

Serving Size: 1oz (28g). There are 10 servings in a 10oz loaf. **Serving Size: 1.4oz loaf (125g). Nutrients listed in "Amount Per Serving" are based on a 100% whole grain flour. % Daily Values are listed below. Fat, protein, and carbs are approximate only. Estimate chips, cabbage, sugar, pork oil, cinnamon, nutmeg, dry milk, and egg nutrition. All other data is based on USDA's 2025 data.