

NOVEMBER 2022		Ingredients	Fat	Trans Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
Challah	Enriched white flour, water, honey, eggs, yeast, and salt.	0.5g/1%	0g	15mg/4%	230mg/9%	23g/8%	2g/7%	5g	4g	110	5	
Cheddar Jalapeño Sourdough	Enriched white flour, water, sourdough starter, yeast, cheddar cheese, jalapeños, and salt.											
Cinnamon Raisin Walnut	Enriched white flour, water, raisins, walnuts, buttermilk, 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.											
Cornbread	Low fat plain yogurt, enriched white flour, sugar, eggs, cornmeal, butter, corn, baking powder, salt, and baking soda	4g/6%	0g	30mg/10%	180mg/8%	26g/9%	1g	10g/4%	3g	160	35	
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	
Pretzel	White flour, yeast, water, brown sugar, honey, half and half cream, unsalted butter, salt, baking soda											
Pumpkin Batter Bread	Enriched white flour, pumpkin, white sugar, canola oil, eggs, cinnamon, vanilla, salt, baking soda, baking powder, allspice	8g/12%	0	20mg/7%	135mg/6%	24g/8%	1g/4%	14g	2g	180	70	
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	