

**NOVEMBER 2023**

	Ingredients	Fat	Total Fat	Chol.	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from Fat
<b>Challah</b>	Enriched white flour, water, honey, eggs, yeast and salt.	8.5g/1%	0g	15mg/4%	220mg/9%	23g/8%	2g/1%	5g	4g	119	5
<b>Cinnamon Apple Salsif</b>	Whole wheat flour, white flour, cinnamon, corn sweetener, dried apples, water, yeast, salt, brown sugar, butter.	5g/2%	0g	0mg/0%	210mg/9%	25g/8%	2g/8%	11g	2g	120	10
<b>Cinnamon Raisin Walnut</b>	Enriched white flour, water, yeast, white whole wheat flour, egg, canola oil, sugar, yeast, cinnamon, and salt.								-		
<b>Cinnamon Cranberry Walnut</b>	Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, skim milk, dried cranberries, walnuts.										
<b>Extreme Cinnamon Chip</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt.	3g/1%	0g	0mg/0%	330mg/13%	23g/13%	1g/1%	0g	4g	188	25
<b>Extreme Cinnamon Salsif</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast, and salt.	2g/5%	0g	0mg/0%	290mg/13%	34g/13%	1g/1%	14g	3g	178	20
<b>Golden Swiss Onion</b>	Unbleached white flour, yeast, HFCS, salt, onion, garlic, onion chives, egg wash.	4.5g/2%	0g	15mg/4%	310mg/12%	19g/9%	2g/1%	4g	6g	128	1
<b>Harvest White</b>	Enriched white flour, water, yeast, corn sweetener and salt.	5g/1%	0g	0mg/0%	380mg/16%	21g/8%	1g/1%	5g	4g	140	5
<b>Honey Whole Wheat</b>	Freshly milled wheat flour with the highest protein content mixed together with water, honey, yeast, and salt.	8.5g/1%	0g	0mg/0%	320mg/14%	25g/9%	4g/14%	6g	5g	130	5
<b>Italian Sourdough</b>	Enriched white flour, water, sourdough starter, yeast and salt.	1g/1%	0g	0mg/0%	460mg/20%	25g/9%	1g/3%	0g	4g	130	10
<b>Cheddar Jalapeno Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, cheddar cheese, chopped jalapenos.										
<b>Jov's Rye</b>	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, caraway powder, and salt.	8.5g/1%	0g	0mg/0%	380mg/17%	20g/11%	1g/1%	6g	4g	140	5
<b>Lo Carb 9 Grain</b>	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, castor oil, brown rice, yeast, salt, and oil.	3.5g/1%	0g/1%	0mg/0%	290mg/13%	15g/8%	3g/1%	4g	7g	128	8
<b>Maple Rye</b>	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, caraway powder, yeast, caramel coloring, and salt.	8.5g/1%	0g	0mg/0%	330mg/15%	21g/9%	2g/1%	5g	4g	130	5
<b>Parmesan Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt.	1g/1%	0g	0mg/0%	450mg/20%	25g/9%	1g/3%	0g	4g	130	10
<b>White Cheddar Garlic</b>	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt.	2.5g/2%	0g	10mg/4%	260mg/11%	21g/9%	1g/3%	3g	5g	130	25
<b>White Chocolate Caramel Bread Pudding**</b>	Enriched white flour, cinnamon chips*, eggs, milk, salt, almond milk, sugar, margarine, vanilla, cinnamon, car amell, salt, white chocolate chips, water, powdered sugar, yeast, and salt.	15g/19%	7g/21%	65mg/21%	390mg/17%	57g/21%	1g/1%	38g	6g	380	130

Serving Size: 56g (2 oz). There are 10 servings in a 300g loaf. \*\*Serving Size: 174 kcal (105g). Nutritional data in "Amount Percent Daily Values" are based on a 2000 calorie diet. Nutrition label for breads with fillings or toppings such as loaf, pieces of cheese are approximate only. \*Cinnamon chips contain sugar, palm oil, cinnamon, neutral dry milk, and soy lecithin. All ingredients listed contain TRACES OF SOY.