



A warm fresh slice of the good life

Bread Nutrition

Type of Flour		Serving Size 1 Slice 56g (2oz)	Nutrition Information							Allergens						
Fresh Ground 100% Whole Wheat	Other		Calories	Total Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Eggs*	Tree Nuts	Peanuts	Soy	Milk
	X	Caramel Apple Pie	200	2.5	10	65	45	1	32	4	X	X			X	X
	X	Cheese Garlic	150	3	10	420	24	1	4	5	X					X
	X	Cinnamon Chip	150	3	0	380	28	1	9	3	X				X	X
	X	Cinnamon Swirl	150	0	0	330	34	1	15	3	X					
X		Cranberry Trek	120	2	0	300	25	4	8	4	X		X			

W-Enriched White Flour

B-Contains a blend of flours. Namely, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour, Rye Flour, or Corn Flour.

*Products may have an egg wash, please check with your local bakery.

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	X	Chocolate Brownie Bread	180	7	0	150	29	1	19	2	X				X	X
X		High 5 Fiber	130	2.5	0	200	25	3	6	4	X					
X		Honey Whole Wheat	110	0.5	0	340	25	3	6	4	X					
	X	Italian Cheese	130	2	5	260	23	1	3	5	X					X
	X	Lemon Blueberry	130	6	35	60	17	0	10	2	X	X				X
	X	Lemon Raspberry	130	6	35	65	17	0	10	2	X	X				X
	X	Light Wheat	110	0	0	270	25	2	5	4	X					
X		Nine Grain Bread	120	0.5	0	280	25	3	5	4	X					
X		Oat Bread	110	0.5	0	330	23	3	6	4	X					
		Pecan Pull Apart	120	0	0	310	26	1	5	3	X		X			X
	X	Pesto Asiago	140	2.5	0	470	24	1	3	3	X		X		X	Z
	X	Pizza Swirl	130	3	10	410	20	1	4	4	X	X				X
	X	Pumpkin Chocolate Chip	140	7	15	90	19	1	12	2	X	X			X	X
	X	Pumpkin White Chocolate Chip	140	7	15	95	19	1	12	2	X	X			X	X
	X	Pumpkin Swirl	150	4.5	15	150	25	1	12	3	X	X	X			X

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