

Breads



100% Whole Wheat Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 140mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Whole Wheat Flour, Sugar, Yeast, Vegetable Shortening (Partially Hydrogenated Soy Bean, Cottonseed and/or Canola Oil), Salt, Nonfat Milk Solids, Whey(Milk), Corn Flour, Monocalcium Phosphate, L-Cysteine Hydrochloride, Potassium Bromate. Wheat flour, DATEM, Dextrose, Soybean Oil, Ascorbic Acid, L-Cysteine, and Enzymes.

CONTAINS: Milk, Wheat, Eggs, and Soy.



Artisan Rustic Olive Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 26g	9%
Dietary Fiber --g	--%
Total Sugars 0g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 26mg	2%
Iron 2mg	10%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Unbleached Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid, Malted Barley Flour), Water, Greek Olives, Enriched Durum Flour (Durum Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Salt, Yeast, Thyme, Malt.

CONTAINS: Wheat.



Asiago Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 470mg	20%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D --mcg	--%
Calcium 66mg	6%
Iron 2mg	10%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains Less Than 2% Of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative)), Asiago Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes, Powdered Cellulose (added to prevent caking)).

CONTAINS: Wheat, Milk.



Black Olive Parmesan Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 2mg	10%
Potassium 4mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains Less Than 2% Of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative reservative)), Olives, Parmesan Cheese ((Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking)).

CONTAINS: Wheat and Milk.



Blueberry Bagel Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber --g	--%
Total Sugars 2g	
Includes --g Added Sugars	--%
Protein 6g	
Vitamin D --mcg	--%
Calcium 60mg	4%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Unbromated, Unbleached Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, High Fructose Corn Syrup, Blueberry Bits (Sugar, Wheat Flour, Corn Cereal, Vegetable Oil, Modified Food Starch, Artificial Flavor, FD&C Red #40, Blue #2), Salt, Sugar, Malted Barley Flour, Artificial Blueberry Flavor, Vital Wheat Gluten, Soybean Oil, Molasses, Vegetable Mono-Diglycerides, Ascorbic Acid, L-Cysteine, Enzyme, Ammonium Chloride.

CONTAINS: Wheat and Soy.



Sliced Brioche Loaf

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	15
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 2g	1%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 1mg	0%
Iron 0mg	0%
Potassium 5mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wheat Flour, Sugar, Whole Eggs, Butter (Cream, Salt), Canola Oil, Water, Yeast, Salt, Mono and Diglycerides, Natural Flavoring, Acerola Extract.

CONTAINS: Wheat, Milk, and Eggs.



Butter Crust White Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 52mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched Flour(Flour, Niacin, Iron From Ferrous Sulfate, Thiamine, Hydrochloride, Riboflavin)Water, Butter, Corn Syrup, Yeast, Vegetable Shortening (Partially Hydrogenated Soybean, Canola and/or Cottonseed Oil) Salt, Whey, Calcium Sulfate, Ammonium Sulfate and Potassium Bromate.

CONTAINS: Wheat and Soy.



Challah Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	13%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 51mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched Bleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Yeast, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed, and/or Canola Oils), Eggs, Wheat Gluten, Salt, Soy, Flour, Diacetyl Tartaric Acid Esters of Mono-Diglycerides (Datem), Corn Flour, Sodium Stearoyl Lactylate, Spice and Coloring, Ascorbic Acid, Potassium Iodate, Mono-Diglycerides, Enzyme Soy Lecithin, Natural and Artificial Flavor, L Cysteine.

CONTAINS: Wheat, Soy, and Eggs.



Chunky Cinnamon Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 1g	
Cholesterol 5mg	2%
Sodium 250mg	11%
Total Carbohydrate 30g	11%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 7g Added Sugars	14%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 28mg	2%
Iron 1mg	6%
Potassium 24mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Margarine (Partially Hydrogenated Soybean and Cottonseed Oil, Skim Milk, Salt, Vegetable Mono and Diglycerides, Sugar, Cinnamon, Soy Lecithin, Vitamin A Palmitate, Beta Carotene, Artificial Flavor), Whole Eggs, Partially Hydrogenated Soybean Oil, Sugar, Dextrose, Yeast, Whey, Non-Fat Milk, Buttermilk, Cocoa (processed with alkali), Cloves, Allspice, Artificial Color (FD&C Red 40, Titanium Dioxide), Mono and Diglycerides, Salt, Potato Flour, Soy Flour, Soybean Oil, Soy Lecithin, Wheat Starch, Dough Conditioner (Wheat Gluten, Sodium Stearoyl Lactylate, Lactylate Stearate.), Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Monocalcium Phosphate, L-Cysteine Hydrochloride, Potassium Bromate, Artificial Flavor, Whole Egg, Artificial Color (FD&C Yellow 5, Annatto).

CONTAINS: Wheat, Soy, Eggs, and Milk.



Cinnamon Raisin Bagel Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber --g	--%
Total Sugars 4g	
Includes --g Added Sugars	--%
Protein 6g	
Vitamin D --mcg	--%
Calcium 60mg	4%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Unbleached Unbromated Enriched Wheat Flour (Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Raisins, Yeast, Contains 2% or less: Sugar, Salt, Corn Meal, Cinnamon, Caramel Color (contains sulfites), Molasses, Ascorbic Acid, Soybean Oil, Enzymes, Calcium Propionate (preservative), Palm Oil, Monoglycerides, Natural and Artificial Flavor, Datem, Molasses, Soybean Oil, L-Cysteine, Ascorbic Acid, Enzymes.

CONTAINS: Wheat and Soy.



Cracked Wheat Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 60mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Bleached Wheat Flour, Dextrose, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed, and/or Canola Oils), Sugar, Salt, Corn Starch, Soy Flour, Yeast, Contains 2% or less off: Mono-Diglycerides, Calcium Stearoyl Lactylate, Ascorbic Acid, Enzymes, Monocalcium Phosphate, Potassium Bromate.

CONTAINS: Wheat and Soy.



Crimp Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 53mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dextrose, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed and/or Canola Oil), Yeast, Sugar, Salt, Corn Starch, Soy Flour, Monocalcium Phosphate, Mono and Diglycerides, Calcium Stearoyl Lactylate, Ascorbic Acid.

CONTAINS: Wheat and Soy.



English Muffin Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 1mg	6%
Potassium 34mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Water, Patent Flour(Bleached Wheat Flour, Malted Barley Flour, Potassium Bromate), English Muffin Bread Base (Enriched Flour(Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Salt, Contains 2% or less of the following: Egg Whites, Soy Flour, Whey (Milk), Fumaric Acid, Partially Hydrogenated Soybean Oil, Sodium Diacetate, Sodium Silica Aluminate, Lactic Acid, Ascorbic Acid, Calcium Propionate (added as a preservative)), Yeast.

CONTAINS: Eggs, Milk, Wheat, and Soy.



French Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 47mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron Thiamine Mononitrate, Riboflavin, Folic Acid), Water Yeast, Salt, Vegetable Shortening (Partially Hydrogenated Soybean, Canola, and/or Cottonseed Oil), Dextrose, Sugar, Corn Starch, Wheat Gluten, Sodium Stearoyl Lactylate, Mono and Diglycerides, Soy Flour, Contains 2% or less of the following: Ascorbic Acid, Potassium Bromate, L-Cysteine, Enzyme, Sulfate, Ammonium Sulfate, Potassium Bromate.

CONTAINS: Wheat and Soy.



French Bread-Twin Loaves

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 47mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron Thiamine Mononitrate, Riboflavin, Folic Acid), Water Yeast, Salt, Vegetable Shortening (Partially Hydrogenated Soybean, Canola, and/or Cottonseed Oil), Dextrose, Sugar, Corn Starch, Wheat Gluten, Sodium Stearoyl Lactylate, Mono and Diglycerides, Soy Flour, Contains 2% or less of the following: Ascorbic Acid, Potassium Bromate, L-Cysteine, Enzyme, Sulfate, Ammonium Sulfate, Potassium Bromate.

CONTAINS: Wheat and Soy.



Garlic Buttered Italian Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	210
	% Daily Value*
Total Fat 12g	15%
Saturated Fat 5g	25%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 280mg	12%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 1mg	6%
Potassium 43mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Flour (White, Bleached, Enriched), Water, Butter(Milk fat, Salt), Baker's Margarine(Canola and/or Sunflower Oil, Water, Salt, Emulsifiers Milk Solids, Maltodextrin, Natural Color (Beta-Carotene)), Soybean Oil, Shortening (Partially Hydrogenated Soybean and Cottonseed Oil), Baker's Yeast, Salt, Dough Developer (Wheat Flour, Datem, Dextrose, Soybean Oil, Ascorbic Acid, L-Cysteine, Asodicarbonamide, Enzymes), Sugar, Garlic, Powder.

CONTAINS: Wheat, Soy, and Milk.



Italian Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 49mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron Thiamine Mononitrate, Riboflavin, Folic Acid), Water Yeast, Vegetable Shortening (Partially Hydrogenated Soybean, Canola, and/or Cottonseed Oil), Salt, Dextrose, Sugar, Corn Starch, Wheat Gluten, Sodium Stearoyl Lactylate, Mono and Diglycerides, Soy Flour, Contains 2% or less of the following: Ascorbic Acid, Potassium Bromate, L-Cysteine, Enzyme, Sulfate, and Ammonium Sulfate.

CONTAINS: Wheat and Soy.



Jalapeno Cheddar Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 5mg	2%
Sodium 460mg	20%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D --mcg	--%
Calcium 83mg	6%
Iron 2mg	10%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains Less Than 2% Of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (Preservative)), Jalapeno (Jalapeno Peppers, Water, Vinegar, Salt, Calcium Chloride), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Annatto Color, Enzymes).

CONTAINS: Wheat and Milk.



Multigrain Pita Pockets

Nutrition Facts	
Variable servings per container	
Serving size	1.5oz (43g)
Amount per serving	
Calories	120
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 24mg	2%
Iron --mg	--%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Wheat Flour, Water, Stone Ground Whole Wheat Flour, Wheat Gluten, Wheat Bran, Malted Barley Flour, Sugar Cane Fiber, Flaxseed, Sugar, Yeast, Sunflower Oil (Rosemary Extract and Vitamin E), Oat Flour, Salt, Corn Meal, Millet, Calcium Propionate, Natural Enzymes, Fumaric Acid.

CONTAINS: Wheat.



Onion Parmesan Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 430mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 73mg	6%
Iron 2mg	10%
Potassium 18mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains less than 2% of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative)), Onion, Parmesan Cheese ((Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking)), Italian Seasoning (Spices), Garlic Salt (Dehydrated Garlic, Salt).

CONTAINS: Wheat and Milk.



Parmesan Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 87mg	6%
Iron 2mg	10%
Potassium 4mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains less than 2% of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative)), Parmesan Cheese ((Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking), Italian Seasoning (Spices).

CONTAINS: Wheat and Milk.



Pizza Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 19g	7%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 66mg	6%
Iron 1mg	6%
Potassium 47mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains less than 2% of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative)), Pizza Sauce (Tomato Puree, Tomatoes, Corn Oil, Salt, Extra Virgin Olive oil, Pecorino Romano Cheese, Spices and Garlic), Bell Peppers, Onions, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking), Black Olives (Ripe Olives, Water, Salt, and Ferrous Gluconate (added to stabilize color), Italian Seasoning (Spices), Garlic Salt (Dehydrated Garlic, Salt).

CONTAINS: Wheat and Milk.



Raisin Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 31g	11%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 138mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Raisins, Dextrose, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed Oil and/or Canola Oil), Yeast, Sugar, Cinnamon, Salt, Corn Starch, Soy Flour, Cinnamon, Monocalcium Phosphate, Mono and Diglycerides, Calcium Stearoyl Lactylate, Ascorbic Acid, Enzyme.

CONTAINS: Wheat and Soy.



Roma Tomato Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 2mg	10%
Potassium 18mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains less than 2% of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (Preservative)), Roma Tomatoes, Parmesan Cheese ((Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking)), Italian Seasoning (Spices).

CONTAINS: Wheat and Milk.



Salsa Cheddar Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 440mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D --mcg	--%
Calcium 54mg	4%
Iron 2mg	10%
Potassium --mg	--%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains less than 2% of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative)), Salsa (Tomatoes, Tomato Puree (Water and Tomato Paste), Bell Peppers, Jalapeno Peppers, Onions, Vinegar, Salt, Sugar, Dehydrated Onion, Spices, Dehydrated Garlic, Citric Acid, and Natural Flavor), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Annatto Color, Enzymes).

CONTAINS: Wheat and Milk.



SKS Bacon Rosemary Cheese Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 440mg	19%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 83mg	6%
Iron 2mg	10%
Potassium 51mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Crusty Baguette

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 52mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Crusty Italian Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 52mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Crusty Roma Loaf

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 52mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: On packaging.



SKS Crusty Whole Wheat Baguette

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	130
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 2mg	10%
Potassium 69mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Fresh Garlic and Asiago Loaf

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 320mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 55mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Multi Grain Harvest Seed Loaf

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 2mg	10%
Potassium 34mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Onion Poppy Seed Loaf

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 35mg	2%
Iron 2mg	10%
Potassium 110mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: On packaging.



SKS Rustic Sour Dough Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 7mg	0%
Iron 2mg	10%
Potassium 49mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Tomato Parmesan Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 43mg	4%
Iron 2mg	10%
Potassium 95mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



SKS Wisconsin Five Cheese Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 330mg	14%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 1mg	6%
Potassium 49mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: on packaging.



Spinach Feta Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 5mg	2%
Sodium 420mg	18%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 28mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, contains less than 2% of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative)), Feta Cheese (Feta Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking), Natamycin (added to protect flavor), Spinach, and Garlic.

CONTAINS: Wheat and Milk.



Sprouted Seven Grain Bread

Nutrition Facts	
Serving Size 1 SLICE (1 OZ) (28g)	
Servings Per Container 16	
Amount Per Serving	
Calories 60	Calories from Fat 5
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0% • Vitamin C 0%	
Calcium 0% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Whole Sprouted Grains of Red Wheat Berries, Quinoa, Oat Groats, Rye Berries, Barley, Amaranth, Millet, Water, Wheat Flour, Vital Wheat Gluten, Honey, Oat Fiber, Salt, Cultured Wheat, Molasses, Yeast.

CONTAINS: Wheat.



Sprouted Wheat Bread

Nutrition Facts	
Serving Size 1 SLICE (1 OZ) (28g)	
Servings Per Container 16	
Amount Per Serving	
Calories 60	Calories from Fat 5
%Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Whole Sprouted Grains of Red Wheat Berries, Quinoa, Oat Groats, Rye Berries, Barley, Amaranth, Millet, Water, Wheat Flour, Vital Wheat Gluten, Honey, Oat Fiber, Salt, Cultured Wheat, Molasses, Yeast.

CONTAINS: Wheat.



Three Pepper Focaccia Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	17%
Total Carbohydrate 22g	8%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 19mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Focaccia (Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Yeast, Contains Less Than 2% Of Salt, Extra Virgin Olive Oil, Oregano, Basil, Rosemary, Parsley, Natural Flavor, Ascorbic Acid, Wheat Gluten, Enzymes, Calcium Propionate (added as a preservative)), Green Peppers, Red Peppers, Yellow Peppers, Parmesan Cheese (Pasteurized Part-Skim Milk, Cheese Cultures, Salt, Enzymes), Powdered Cellulose (added to prevent caking), Italian Seasoning (Spices).

CONTAINS: Wheat and Milk.



Upper Crust Old Country Dark Rye Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 33mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Rye Flour, Water, Soy Oil, Yeast, Salt, Sugar, Caramel Color, Spices, Calcium Stearoyl Lactylate, Acetic Acid, Lactic Acid, Potassium Bromate, Yeast, (containing Sulfiting Agents), Wheat Gluten, Soy Sulfites, and Cornmeal.

CONTAINS: Wheat and Soy.



Upper Crust Old Country Jewish Caraway Rye Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 340mg	15%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	6%
Potassium 39mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron Thiamine Mononitrate, Riboflavin, Folic Acid), Rye Flour, Water, Soy Oil, Yeast, Caraway Seeds, Yeast, Salt, Contains 2% or less of the following: Sugar, Spices, Calcium Stearoyl Lactylate, Acetic Acid, Lactic Acid, Potassium Bromate, Caramel Color (containing Sulfiting Agents), Wheat Gluten, Soy Sulfites, Cornmeal.

CONTAINS: Wheat and Soy.



Upper Crust Old Country Light Rye Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 33mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Rye Flour, Water, Soy Oil, Yeast, Caraway Seeds, Yeast, Salt, Contains 2% or less of the Following: Sugar, Spices, Calcium Stearoyl Lactylate, Acetic Acid, Lactic Acid, Potassium Bromate, Caramel Color (containing Sulfiting Agents), Wheat Gluten, Soy Sulfites, and Cornmeal.

CONTAINS: Wheat and Soy.



Upper Crust Old Country Marble Rye Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 17mg	2%
Iron 1mg	6%
Potassium 33mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Rye Bread Base (Wheat Flour, Rye Flour, Soy Oil, Salt, Contains 2% or less of: Sugar, Calcium Stearoyl Lactylate, Acetic Acid, Lactic Acid, Spices), Water, Patent Flour (Bleached Wheat Flour, Malted Barley Flour, Potassium Bromate), Yeast, Vital Wheat Gluten, Shortening (Partially Hydrogenated Soybean and Cottonseed Oils), Caramel Color (contains Sulfites)).

CONTAINS: Wheat.



Upper Crust Old Country Multi Grain Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 2mg	10%
Potassium 11mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Oats, Sunflower Seeds, Millet, Flax, Sea Salt, Cracked Wheat, Water, Corn Syrup, Yeast, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed and/or Canola Oil, Wheat Gluten, Artificial Flavor, Ground Caraway, Dextrose, Ammonium Sulfate, Ascorbic Acid, Sesame Seeds.

CONTAINS: Wheat and Soy.



Upper Crust Old Country Onion Rye Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 1mg	6%
Potassium 40mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Rye Flour, Water, Soy Oil, Yeast, Dehydrated Onion, Yeast, Salt, Sugar, Spices, Calcium Stearoyl Lactylate, Acetic Acid, Lactic Acid, Potassium Bromate, Caramel Color (Containing Sulfiting Agents), Wheat Gluten, Soy Sulfites, Cornmeal.

CONTAINS: Wheat and Soy.



Upper Crust Old Country Potato Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 2mg	10%
Potassium 91mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Dextrose, Soybean Oil, Potato Flour, Salt, Soy Flour, Dry Whey, Yeast, Mono and Diglycerides with BHT and Citric Acid (added as a preservative), Sodium Stearoyl Lactylate, Calcium Propionate, Nonfat Milk Solids, and Wheat Starch.

CONTAINS: Wheat and Soy.



Upper Crust Old Country Pumpernickel Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 320mg	14%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 1mg	6%
Potassium 31mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched, Bleached Wheat Flour (Wheat Flour, Barley Malt, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Rye Flour, Rye Meal, Yeast, Salt, Caramel Color, Wheat Gluten, Soy Oil, Spices, Sugar, Cornmeal.

CONTAINS: Wheat and Soy.



Upper Crust Old Country Sourdough Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 2mg	10%
Potassium 34mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Sour Dough Bread Base (Enriched Bleached Flour (Wheat Flour, Malt Barley Flour, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Salt, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed, and/or Canola Oils), Contains 2% or less of: Dextrose, Malt, Fumaric Acid, Monocalcium Phosphate, Acetic Acid, Lactic Acid, Calcium Carbonate, Ascorbic Acid, Potassium Iodate, Enzyme), Water, Patent Flour (Bleached Wheat Flour, Malted Barley Flour, Potassium Bromate), Yeast, Vital Wheat Gluten.

CONTAINS: Wheat.



Vienna Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 47mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Patent Flour (Bleached Wheat Flour, Malted Barley Flour, Potassium Bromate), Water, Bak-Krisp (Salt, Vegetable Shortening (Partially Hydrogenated Soybean, Cottonseed and/or Canola Oil), Dextrose, Sugar, Corn Starch, Mono and Diglycerides, Soy Flour, Contains 2% or less of: Ascorbic Acid, Potassium Bromate, L. Cysteine, Enzyme), Wheat Gluten, Yeast.

CONTAINS: Wheat and Soy.



Wheat Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 75mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Whole Wheat Flour, Sugar, Yeast, Vegetable Shortening (Partially Hydrogenated Soy Bean, Cottonseed and/or Canola Oil), Salt, Nonfat Milk Solids, Whey(Milk), Corn Flour, Monocalcium Phosphate, L-Cysteine Hydrochloride, Potassium Bromate, Wheat Flour, DATEM, Dextrose, Soybean Oil, Ascorbic Acid, L-Cysteine, and Enzymes.

CONTAINS: Wheat, Soy, and Milk.



Wheat Farm Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 28g	10%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 27mg	2%
Iron 2mg	10%
Potassium 75mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate Riboflavin, Folic Acid), Malted Barley Flour, Potassium Bromate, Water, Whole Wheat Flour, Super Soaked Grains (Water, High Fructose Corn Syrup, Oats, Sunflower Seeds, Millet, Flax Seed, Contains 2% or less of: Sea Salt, Cracked Wheat, Lactic Acid, Cultured Wheat, Starch, Bread Base (Dextrose, Soybean Oil, Sugar, Salt, Mono and Diglycerides, Corn Starch, Soy Flour, Contains 2% or less of: Calcium Steroyl Lactylate, Monocalcium Phosphate, Ascorbic Acid, Azodicarbonamide, Enzymes), Baker's Yeast, Molasses, Honey.

CONTAINS; Wheat and Soy.



Wheat Pita Pockets

Nutrition Facts	
Variable servings per container	
Serving size	1.5oz (43g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 24mg	2%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Whole Wheat Flour, Water, Sunflower Oil (Rosemary Extract and Vitamin E (added to maintain freshness)), Yeast, Honey, Salt, Calcium Propionate, Natural Enzymes, Fumaric Acid.

CONTAINS: Wheat.



White Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 53mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Bleached Wheat Flour, Water, Dextrose, Vegetable Shortening(Partially Hydrogenated Soybean, Cottonseed, and/or Canola Oils), Sugar, Salt, Corn Starch, Soy Flour, Yeast, Contains 2% or less of: Mono-Diglycerides, Calcium, Stearoyl, Lactylate, Ascorbic Acid, Enzymes, Monocalcium Phosphate, and Potassium Bromate.

CONTAINS: Soy and Wheat.



White Farm Bread

Nutrition Facts	
Variable servings per container	
Serving size	2oz (57g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 27g	10%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 53mg	2%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Enriched Flour (Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate Riboflavin, Folic Acid), Malted Barley Flour, Potassium Bromate, Water, Bread Base (Dextrose, Soybean Oil, Sugar, Salt, Mono and Diglycerides, Corn Starch, Soy Flour, Contains 2% or less of: Calcium Stearoyl Lactylate, Monocalcium Phosphate, Ascorbic Acid, Azodicarbonamide, Enzymes), Baker's Yeast.

CONTAINS: Wheat and Soy.



White Pita Pockets

Nutrition Facts	
Variable servings per container	
Serving size	1.5oz (43g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber --g	--%
Total Sugars 1g	
Includes --g Added Sugars	--%
Protein 4g	
Vitamin D --mcg	--%
Calcium 24mg	2%
Iron 1mg	6%
Potassium --mg	--%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

INGREDIENTS: Wheat Flour, Water, Sunflower Oil (Rosemary Extract and Vitamin E (added to maintain freshness)), Yeast, Sugar, Salt, Calcium Propionate, Natural Enzymes, Fumaric Acid.

CONTAINS: Wheat.