



NUTRITION FACTS

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| | Serving Size | Serv. per Container | Amounts per Serving: | | | | | | | | | | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
|-----------------------------|-----------------------|---------------------|----------------------|-------------------|-------------|---------------|-----------|-------------|---------------|-------------|---------------|-----|--------|---------|-----------|-----------|---------|------|
| | | | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Total Carbs | Dietary Fiber | | | | | | | |
| Honey Whole Wheat | 1 Slice 2oz (56g) | About 18 | 120 | 5 | 0.5g 1% | 0g 0% | 0g | 0mg 0% | 310mg 13% | 27g 9% | 4g 15% | 6g | 4g | 0% | 0% | 2% | 6% | |
| Ambrosia | 1 Slice 2oz (56g) | About 12 | 130 | 5 | 0.5g 1% | 0g 0% | 0g | 5mg 2% | 260mg 2% | 28g 9% | 3g 12% | 9g | 5g | 0% | 0% | 2% | 6% | |
| Apple Pie Bread | 1 Slice 2oz (56g) | About 16 | 150 | 25 | 3g 5% | 0.5g 3% | 0g | 0mg 0% | 270mg 11% | 27g 9% | 4g 16% | 10g | 4g | 0% | 0% | 2% | 6% | |
| Blueberry Lemon | 1 Slice 2oz (56g) | About 15 | 130 | 5 | 0g 1% | 0g 1% | 0g | 0mg 1% | 280mg 12% | 26g 9% | 4g 16% | 7g | 5g | 0% | 0% | 2% | 6% | |
| Challah | 1 Slice 2oz (56g) | About 13 | 140 | 10 | 1g 1% | 0g 1% | 0g | 15mg 5% | 260mg 11% | 29g 10% | 4g 16% | 5g | 5g | 0% | 0% | 0% | 6% | |
| Cherry Apple Berry | 1 Slice 2oz (56g) | About 17 | 130 | 5 | 0.5g 1% | 0g 0% | 0g | 0mg 0% | 280mg 12% | 29g 10% | 4g 16% | 8g | 4g | 2% | 0% | 2% | 6% | |
| Cherry Walnut | 1 Slice 2oz (56g) | About 18 | 130 | 20 | 2g 3% | 0g 1% | 0g | 0mg 0% | 290mg 12% | 27g 9% | 4g 14% | 6g | 4g | 4% | 0% | 2% | 8% | |
| Chocolate Raspberry Swirl | 1 Slice 2oz (56g) | About 22 | 150 | 35 | 3.5g 5% | 1.5g 8% | 0g | 5mg 2% | 200mg 8% | 28g 9% | 2g 8% | 16g | 3g | 0% | 2% | 2% | 6% | |
| Cinnamon Pecan Swirl | 1 Slice 2oz (56g) | About 12 | 180 | 60 | 7g 11% | 0.5g 3% | 0g | 10mg 3% | 250mg 10% | 28g 9% | 4g 16% | 12g | 4g | 0% | 0% | 2% | 6% | |
| Cinnamon Swirl | 1 Slice 2oz (56g) | About 12 | 150 | 10 | 1g 2% | 0g 0% | 0g | 10mg 3% | 290mg 12% | 31g 10% | 3g 12% | 13g | 3g | 0% | 0% | 2% | 6% | |
| Cranberry Orange | 1 Slice 2oz (56g) | About 16 | 120 | 5 | 0g 0% | 0g 0% | 0g | 0mg 0% | 280mg 12% | 28g 9% | 3g 12% | 10g | 4g | 0% | 0% | 0% | 6% | |
| Dakota | 1 Slice 2oz (56g) | About 18 | 150 | 40 | 4g 6% | 0.5g 3% | 0g | 0g 0% | 260mg 11% | 25g 8% | 4g 15% | 5g | 5g | 0% | 0% | 2% | 10% | |
| Honey Bunny & Spooky Spider | 1 Slice 2oz (56g) | About 18 | 120 | 5 | 0.5g 1% | 0g 0% | 0g | 0mg 0% | 330mg 14% | 26g 9% | 3g 14% | 6g | 4g | 0% | 0% | 2% | 6% | |
| Hot Cross Buns | 1 Bun 3.5oz (110g) | 6 | 290 | 15 | 1.5g 2% | 0g 1% | 0g | 15mg 4% | 460mg 19% | 62g 21% | 7g 27% | 24g | 7g | 0% | 0% | 2% | 10% | |
| Irish Soda Bread | 1 Slice 2oz (56g) | About 18 | 130 | 5 | 0.5g 1% | 0g 1% | 0g | 0mg 0% | 150mg 6% | 30g 10% | 4g 15% | 13g | 4g | 0% | 2% | 4% | 8% | |
| Jalapeno Cheddar | 1 Slice 2oz (56g) | About 15 | 130 | 30 | 3g 5% | 2g 10% | 0g | 10mg 3% | 310mg 13% | 18g 6% | 3g 12% | 3g | 6g | 2% | 0% | 6% | 6% | |
| Kalamata Olive Sourdough | 1 Slice 2oz (56g) | About 14 | 170 | 30 | 3.5g 5% | 0g 0% | 0g | 0mg 0% | 390mg 16% | 33g 11% | 5g 20% | 0g | 7g | 0% | 0% | 2% | 10% | |
| Nine Grain Crunch | 1 Slice 2oz (56g) | About 17 | 130 | 15 | 1.5g 2% | 0g 0% | 0g | 0mg 0% | 290mg 12% | 23g 8% | 4g 16% | 4g | 5g | 0% | 0% | 2% | 6% | |
| Pale Ale & Cheddar | 1 Slice 2oz (56g) | About 16 | 140 | 25 | 3g 5% | 1.5g 8% | 0g | 10mg 9% | 220mg 9% | 24g 8% | 3g 12% | 6g | 6g | 0% | 0% | 6% | 6% | |
| Parmesan Pepper Bomb | 1 Slice 2oz (56g) | About 16 | 130 | 20 | 2.5g 4% | 1.5g 6% | 0g | 5mg 2% | 350mg 15% | 20g 7% | 3g 14% | 4g | 7g | 2% | 0% | 10% | 6% | |
| Pineapple Upside-Down Bread | 1 Slice 2oz (56g) | About 21 | 130 | 20 | 2g 3% | 1g 5% | 0g | 10mg 3% | 100mg 4% | 27g 9% | 2g 8% | 18g | 2g | 2% | 2% | 2% | 4% | |
| Pepperoni Pizzollo | 1 Slice (135g) | About 8 | 400 | 200 | 22g 34% | 8g 40% | 0g | 45mg 15% | 1380mg 57% | 32g 11% | 5g 20% | 4g | 19g | 10% | 2% | 25% | 10% | |
| Supreme Pizzollo | 1 Slice (142g) | About 9 | 360 | 170 | 19g 29% | 7g 35% | 0g | 40mg 13% | 1230mg 51% | 29g 10% | 4g 16% | 4g | 17g | 15% | 15% | 20% | 10% | |
| Veggie Pizzollo | 1 Slice (150g) | About 7 | 370 | 150 | 17g 26% | 7g 35% | 0g | 30mg 10% | 1260mg 53% | 37g 12% | 6g 24% | 6g | 17g | 20% | 15% | 25% | 15% | |
| Pumpkin Cinnamon Swirl | 1 Slice 2oz (56g) | About 12 | 230 | 25 | 2.5g 4% | 0g 0% | 0g | 20mg 7% | 630mg 26% | 43g 14% | 5g 20% | 11g | 9g | 20% | 0% | 2% | 10% | |
| Raisin Cinnamon Burst | 1 Slice 2oz (56g) | About 17 | 160 | 25 | 3g 5% | .5g 3% | 0g | 0mg 0% | 270mg 11% | 29g 10% | 3g 12% | 13g | 4g | 0% | 0% | 2% | 6% | |
| Roasted Garlic Sourdough | 1 Slice 2oz (56g) | About 13 | 110 | 5 | 0.5g 1% | 0g 0% | 0g | 0mg 0% | 270mg 11% | 21g 7% | 4g 16% | 0g | 5g | 0% | 2% | 2% | 6% | |
| Roasted Red Pepper Swiss | 1 Slice 2oz (56g) | About 17 | 120 | 20 | 2g 3% | 1g 5% | 0g | 5mg 2% | 270mg 11% | 22g 7% | 3g 12% | 3g | 5g | 4% | 0% | 6% | 6% | |
| Spinach Feta | 1 Slice 2oz (56g) | About 16 | 140 | 20 | 2.5g 4% | 1.5g 8% | 0g | 10mg 3% | 440mg 18% | 24g 8% | 2g 8% | 5g | 5g | 15% | 2% | 6% | 8% | |
| Star Spangled Swirl | 1 Slice 2oz (56g) | About 16 | 140 | 10 | 1g 2% | 0.5g 3% | 0g | 5mg 2% | 200mg 8% | 29g 10% | 4g 16% | 13g | 4g | 4% | 2% | 2% | 6% | |
| Stuffing Bread | 1 Slice 2oz (56g) | About 16 | 100 | 5 | 0.0g 1% | 0g 0% | 0g | 0mg 0% | 260mg 11% | 19g 6% | 3g 13% | 4g | 4g | 0% | 2% | 2% | 6% | |
| Virginia Rolls | 1 Roll 3oz (85g) | About 12 | 220 | 60 | 7.0g 11% | 4g 20% | 0g | 15mg 5% | 360mg 15% | 34g 11% | 4g 16% | 6g | 7g | 6% | 2% | 2% | 2% | |
| Whole Grain Sourdough | 1 Slice 2oz (56g) | About 14 | 140 | 45 | 5g 8% | 0.5g 3% | 0g | 0mg 0% | 250mg 10% | 22g 7% | 5g 20% | 0g | 6g | 0% | 0% | 2% | 10% | |



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|---|-----------------------------|---------------------|----------------------|-------------------|------------|---------------|-----------|-------------|--------------|-------------|---------------|--------|---------|-----------|-----------|---------|------|
| | | | Calories | Calories from Fat | Total Fat | Saturated Fat | Trans Fat | Cholesterol | Sodium | Total Carbs | Dietary Fiber | Sugars | Protein | Vitamin A | Vitamin C | Calcium | Iron |
| Berry Scones | 1/2 Scone 4oz (116g) | 2 | 380 | 140 | 15g 23% | 9g 45% | 0g | 65mg 22% | 190mg 8% | 53g 18% | 6g 24% | 18g | 7g | 10% | 2% | 6% | 10% |
| Blueberry Muffins | 1/2 Muffin 4.5oz (130g) | 2 | 280 | 60 | 7g 11% | 1g 5% | 0g | 20mg 7% | 135mg 6% | 54g 18% | 6g 24% | 25g | 7g | 0% | 2% | 6% | 10% |
| Buttermilk Biscuits | 1/2 Biscuit (84g) | 2 | 280 | 170 | 19g 29% | 12g 60% | 1g | 50mg 17% | 400mg 17% | 22g 7% | 3g 12% | 2g | 6g | 10% | 0% | 10% | 6% |
| Cinnamon Chip Scones | 1/2 Scone 4oz (119g) | 2 | 470 | 190 | 21g 32% | 11g 55% | 0g | 65mg 22% | 190mg 8% | 62g 21% | 6g 24% | 27g | 7g | 10% | 0% | 8% | 15% |
| Cinnamon Rolls | 1/2 Roll 4oz (122g) | 2 | 330 | 25 | 2.5g 4% | 0g 0% | 0g | 25mg 8% | 640mg 27% | 68g 23% | 7g 28% | 29g | 8g | 0% | 0% | 4% | 15% |
| Cookie Mix (Nutrition for Prepared Cookies) | 1/2 Cookie 15.75g | About 60 | 60 | 15 | 1.5g 2% | 1g 5% | 0g | 0mg 0% | 55mg 2% | 12g 4% | 1g 4% | 7g | 1g | 0% | 0% | 2% | 2% |
| Everything Good Muffins | 1/2 Muffin 4oz (116g) | 2 | 300 | 80 | 8g 12% | 1g 5% | 0g | 35mg 12% | 130mg 5% | 53g 18% | 7g 28% | 25g | 9g | 25% | 2% | 8% | 15% |
| Fruity Booty Bars | 1/2 Bar 2.5oz (71g) | 2 | 240 | 25 | 2.5g 4% | 1.5g 8% | 0g | 15mg 5% | 240mg 10% | 52g 17% | 3g 12% | 33g | 4g | 0% | 0% | 6% | 10% |
| Great Granola | 1/2 Cup 1.5oz (43g) | About 8 | 170 | 50 | 6g 9% | 0.5g 3% | 0g | 0mg 0% | 0mg 0% | 26g 9% | 3g 12% | 10g | 5g | 0% | 0% | 4% | 10% |
| Harvest Crunch Trail Mix | 1/4 Cup 1.25oz (35g) | About 12 | 160 | 90 | 10g 15% | 1.5g 8% | 0g | 0mg 0% | 0mg 0% | 17g 6% | 2g 8% | 11g | 4g | 0% | 0% | 2% | 10% |
| Oatmeal Chocolate Chip Cookies | 1/2 Cookie 2oz (60g) | 2 | 250 | 110 | 12g 18% | 7g 35% | 0g | 25mg 8% | 110mg 5% | 35g 12% | 3g 11% | 21g | 4g | 4% | 0% | 4% | 8% |
| Pancake Mix (Nutrition for Prepared Pancakes) | 2 Pancakes 1/3c.Mix(47g) | About 19 | 120 | 25 | 3g 5% | 0g 0% | 0g | 25mg | 350mg 9% | 31g 5% | 4g 8% | 7g | 8g | 0% | 2% | 15% | 6% |
| Popcorn Bars | 1/2 Bar 1.5oz (40g) | 2 | 170 | 60 | 7g 11% | 3g 15% | 0g | 10mg 3% | 50mg 2% | 24g 8% | 2g 8% | 16g | 4g | 2% | 0% | 2% | 10% |
| Pumpkin Chocolate Chip Muffins | 1/2 Muffin 115g | 2 | 250 | 40 | 4g 6% | 2g 10% | 0g | 40mg 13% | 75mg 3% | 50g 17% | 4g 16% | 31g | 6g | 90% | 2% | 6% | 10% |
| Raisin Pecan Cinnamon Rolls | 1/2 Roll 6oz (171g) | 2 | 550 | 150 | 17g 26% | 1.5g 8% | 0g | 25mg 8% | 640mg 27% | 94g 31% | 10g 40% | 47g | 10g | 0% | 2% | 6% | 20% |
| Raspberry Muffins | 1/2 Muffin 4.5oz (124g) | 2 | 270 | 60 | 7g 11% | 1g 5% | 0g | 20mg 7% | 135mg 6% | 53g 18% | 6g 24% | 23g | 7g | 2% | 6% | 6% | 15% |
| Rocky Mountain Bars (Energy Bars) | 1/2 Bar 4oz (118g) | 2 | 490 | 190 | 21g 32% | 4.5g 23% | 0g | 0mg 0% | 110mg 5% | 71g 24% | 7g 28% | 43g | 13g | 0% | 2% | 4% | 15% |