



A warm fresh slice of the good life

BATTER BREAD NUTRITION

Note: Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

| Type of Flour | | Serving Size 1 Slice 42g (1.5oz) | 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 | | Apple Cream Cheese Cake Bread | 140 | 8g | 35mg | 65mg | 16g | 1g | 11g | 2g | X | X | X | | | X |
| | W | Apple Spice Cake Bread | 130 | 6g | 20mg | 115mg | 17g | 1g | 10g | 2g | X | X | X | | | X |
| X | | Banana Chocolate Chip Bread | 120 | 4.5g | 15mg | 110mg | 19g | 2g | 10g | 2g | X | X | | | X | X |
| X | | Banana Walnut Bread | 120 | 6g | 15mg | 110mg | 18g | 2g | 9g | 2g | X | X | X | | | X |
| X | | Carrot Bread | 150 | 8g | 20mg | 130mg | 18g | 1g | 11g | 2g | X | X | X | | | |
| | W | Chocolate Brownie Bread | 130 | 5g | 0mg | 110mg | 22g | 1g | 13g | 1g | X | | | | X | X |
| X | | Chocolate Cherry Bread | 150 | 6g | 35mg | 110mg | 21g | 2g | 12g | 3g | X | X | | | X | X |
| | W | Pumpkin Chocolate Chip Bread | 140 | 6g | 15mg | 90mg | 19g | 1g | 11g | 2g | X | X | | | X | X |
| X | | Zucchini Bread | 100 | 2.5g | 10mg | 75mg | 18g | 2g | 10g | 2g | X | X | | | | |

W-Enriched White Flour

B-Contains a blend of Fresh Ground 100% Whole Wheat Flour and Enriched White Flour.



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MUFFIN NUTRITION

Note: Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

| Type of Flour | | Serving Size 1/2 Muffin | Nutrition Informaton | | | | | | | | Allergens | | | | | |
|-------------------------------------|-------|------------------------------------|----------------------|-----------|-------------|--------|--------------|-------|-------|---------|-----------|------|-----------|---------|-----|------|
| Fresh Ground 100% Whole Wheat | Other | | Calories | Total Fat | Cholesterol | Sodium | Carbohydrate | Fiber | Sugar | Protein | Wheat | Eggs | Tree Nuts | Peanuts | Soy | Milk |
| X | | Apple Cream Cheese Muffins | 440 | 25g | 115mg | 210mg | 52g | 4g | 33g | 7g | X | X | X | | | X |
| | W | Apple Spice Muffin | 400 | 20g | 65mg | 370mg | 54g | 2g | 31g | 5g | X | X | X | | | X |
| | W | Blackberry Bran Muffin | 200 | 1.5g | 20mg | 400mg | 45g | 6g | 19g | 6g | X | | | | | X |
| X | | Blueberry Lemon Poppy Seed Muffins | 460 | 15g | 85mg | 380mg | 78g | 7g | 41g | 10g | X | X | | | | X |
| | B | Cappuccino Chocolate Muffins | 390 | 20g | 120mg | 130mg | 48g | 2g | 30g | 7g | X | X | | | X | X |
| | W | Cappuccino Chocolate Muffins | 400 | 21g | 120mg | 130mg | 50g | 1g | 31g | 6g | X | X | | | X | X |
| X | | LoFat Oat Blueberry Muffins | 200 | 6g | 0mg | 240mg | 37g | 4g | 17g | 5g | X | X | | | | |
| X | | LoFat Oat Raspberry Muffins | 200 | 6g | 0mg | 240mg | 36g | 4g | 16g | 5g | X | X | | | | |
| X | | Rhubarb Streusel Muffins | 430 | 22g | 135mg | 230mg | 54g | 5g | 28g | 8g | X | X | | | | X |
| | B | Rhubrab Streusel Muffins | 430 | 22g | 135mg | 230mg | 55g | 4g | 28g | 8g | X | X | | | | X |

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COOKIE NUTRITION

Note: Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

| Type of Flour | | Serving Size 1/2 Cookie | Nutrition Informaton | | | | | | | | Allergens | | | | | |
|-------------------------------------|-------|-------------------------------|----------------------|-----------|-------------|--------|--------------|-------|-------|---------|-----------|------|-----------|---------|-----|------|
| Fresh Ground 100% Whole Wheat | Other | | Calories | Total Fat | Cholesterol | Sodium | Carbohydrate | Fiber | Sugar | Protein | Wheat | Eggs | Tree Nuts | Peanuts | Soy | Milk |
| X | | Autumn Spice | 230 | 9g | 30mg | 180mg | 36g | 3g | 22g | 3g | X | X | | | | X |
| X | | Chocolate Chip Oatmeal Walnut | 250 | 13g | 30mg | 180mg | 32g | 2g | 20g | 4g | X | X | X | | X | X |
| | W | Ginger | 210 | 9g | 15mg | 220mg | 29g | 1g | 13g | 3g | X | X | | | | |
| | W | Mint Chocolate Chip Cookie | 250 | 13g | 45mg | 180mg | 32g | 1g | 20g | 3g | X | X | | | X | X |
| X | | Peanut Butter Chocolate Chip | 290 | 17g | 30mg | 230mg | 32g | 3g | 21g | 5g | X | X | | X | X | X |
| X | | Peanut Butter | 230 | 13g | 30mg | 230mg | 24g | 2g | 14g | 5g | X | X | | X | | X |
| X | | Turtle | 260 | 14g | 30mg | 180mg | 32g | 2g | 20g | 4g | X | X | X | | X | X |
| X | | Raisin Oatmeal | 190 | 9g | 30mg | 180mg | 25g | 2g | 12g | 3g | X | X | | | | X |
| X | | Snickerdoodles | 260 | 11g | 45mg | 180mg | 37g | 3g | 19g | 4g | X | | | | | X |
| X | | White Chocolate Cherry | 240 | 11g | 30mg | 190mg | 35g | 2g | 20g | 3g | X | X | | | X | X |

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SCONES NUTRITION

Note: Nutrition information can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

| Type of Flour | | Serving Size 1/2 Scone | Nutrition Informaton | | | | | | | | Allergens | | | | | |
|-------------------------------------|-------|----------------------------------|----------------------|-----------|-------------|--------|--------------|-------|-------|---------|-----------|------|-----------|---------|-----|------|
| Fresh Ground 100% Whole Wheat | Other | | Calories | Total Fat | Cholesterol | Sodium | Carbohydrate | Fiber | Sugar | Protein | Wheat | Eggs | Tree Nuts | Peanuts | Soy | Milk |
| | W | Berry Cream Cheese Scone | 290 | 12g | 45mg | 340mg | 41g | 1g | 17g | 5g | X | X | | | | X |
| X | | Golden Berry Cream Cheese Scone | 300 | 12g | 45mg | 340mg | 42g | 4g | 17g | 6g | X | X | | | | X |
| | W | Chocolate Chip Hazelnut Scone | 330 | 15g | 45mg | 320mg | 46g | 2g | 21g | 6g | X | X | X | | X | X |
| | W | Cinnamon Chip Cream Cheese Scone | 350 | 16g | 45mg | 340mg | 48g | 1g | 23g | 5g | X | X | | | X | X |

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MISC. NUTRITION

Note: Nutrition information and serving size can vary bakery to bakery, please check with your local bakery for the most accurate nutrition information.

| Type of Flour | | Serving Size 1/2 Piece | Nutrition Informaton | | | | | | | | Allergens | | | | | |
|-------------------------------------|-------|-----------------------------------|----------------------|-----------|-------------|--------|--------------|-------|-------|---------|-----------|------|-----------|---------|-----|------|
| Fresh Ground 100% Whole Wheat | Other | | Calories | Total Fat | Cholesterol | Sodium | Carbohydrate | Fiber | Sugar | Protein | Wheat | Eggs | Tree Nuts | Peanuts | Soy | Milk |
| X | | Apple Strussel Coffee Cake | 160 | 6g | 25mg | 150mg | 25g | 2g | 14g | 2g | X | X | | | | X |
| X | | Blueribbon Blueberry Coffee Cake | 170 | 7g | 25mg | 160mg | 27g | 2g | 15g | 2g | X | X | | | | X |
| | B | Breakfast Buns with Frosting | 140 | 5g | 10mg | 310mg | 22g | 2g | 8g | 3g | X | X | | | X | X |
| | W | Brownies | 330 | 20g | 80mg | 120mg | 37g | 2g | 25g | 5g | X | X | X | | X | X |
| | W | Chocolate Chocolate Chip Biscotti | 480 | 23g | 130mg | 440mg | 63g | 7g | 27g | 14g | X | X | X | | X | X |
| | B | Cinnamon Roll without Frosting | 400 | 5g | 35mg | 470mg | 81g | 4g | 39g | 8g | X | X | | | | X |
| | B | Cinnamon Roll with Frosting | 470 | 11g | 50mg | 510mg | 88g | 4g | 46g | 8g | X | X | | | | X |
| | | Cupid's Crunch (1/2 cup) | 540 | 35g | 0mg | 25mg | 46g | 7g | 34g | 15g | | | X | X | X | X |
| | W | Lemon Cream Roll (1" slice) | 270 | 12g | 90mg | 180mg | 38g | 1g | 24g | 5g | X | X | | | | X |
| | | Granola (1/2 cup) | 220 | 7g | 0mg | 0mg | 36g | 4g | 15g | 6g | | | X | | | |
| X | | Kahuna Bars | 840 | 36g | 65mg | 400mg | 123g | 7g | 89g | 11g | X | X | X | | X | X |
| X | | Mud Bars | 530 | 29g | 95mg | 90mg | 65g | 2g | 39g | 6g | X | X | | | X | X |

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| Type of Flour | | Serving Size 1/2 Piece | Nutrition Informaton | | | | | | | | Allergens | | | | | |
|-------------------------------------|-------|---------------------------|----------------------|-----------|-------------|--------|--------------|-------|-------|---------|-----------|------|-----------|---------|-----|------|
| Fresh Ground 100% Whole Wheat | Other | | Calories | Total Fat | Cholesterol | Sodium | Carbohydrate | Fiber | Sugar | Protein | Wheat | Eggs | Tree Nuts | Peanuts | Soy | Milk |
| | W | Pumpkin Oh's (1" slice) | 130 | 6g | 40mg | 115mg | 18g | 0g | 13g | 2g | X | X | | | | X |
| X | | Savannah Bars | 270 | 10g | 30mg | 110mg | 44g | 4g | 28g | 4g | X | X | X | | | X |
| | B | Savory Breakfast Rolls | 270 | 9g | 65mg | 470mg | 37g | 3g | 7g | 10g | X | X | | | | X |
| | W | Vanilla Almond Biscotti | 560 | 20g | 130mg | 400mg | 82g | 4g | 32g | 15g | X | X | X | | | X |
| X | | Whole Wheat Coffee Cake | 240 | 11g | 55mg | 220mg | 32g | 3g | 19g | 5g | X | X | X | | | X |

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