



Bread	Calories	Fat	Sat Fat	Trans Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Vit. A	Vit. C	Calcium	Iron
<i>These breads are made with 100% whole wheat flour - milled daily on site.</i>														
Cinnamon Raisin Walnut	120	2.0g	0g	0g	0mg	280mg	24g	3g	7g	4g	0%	0%	2%	8%
Cinnamon Chip Whole Wheat	110	2.5g	0.5g	1.5g	0mg	300mg	24g	3g	9g	3g	0%	0%	2%	4%
Cinnamon Swirl	130	2g	1g	0g	15mg	280mg	26g	2g	11g	3g	2%	0%	2%	6%
Cranberry Orange	110	0g	0g	0g	0mg	250mg	25g	3g	11g	3g	0%	2%	0%	4%
Dakota Five Seed	130	3.5g	0g	0g	0mg	240mg	21g	3g	5g	5g	0%	0%	2%	8%
High Five Fiber	120	3.5g	0g	0g	0mg	220mg	21g	5g	5g	4g	0%	0%	2%	8%
Honey Whole Wheat	110	0g	0g	0g	0mg	290mg	24g	3g	6g	4g	0%	0%	0%	6%
Pumpernickel Rye	100	0g	0g	0g	0mg	310mg	23g	4g	3g	3g	0%	0%	0%	6%
Spinach Feta	110	3g	2g	0g	10mg	370mg	16g	3g	4g	4g	10%	2%	8%	6%
Ten Grain	100	0g	0g	0g	0mg	250mg	23g	3g	5g	4g	0%	0%	0%	6%
Woodstock	130	3.5g	0g	0g	0mg	250mg	22g	3g	5g	4g	0%	0%	2%	6%
<i>These breads are made with our premium unbleached unbromated white flour.</i>														
Buckeye	150	5g	1.5g	0g	0mg	350mg	22g	1g	7g	4g	0%	0%	0%	6%
Challah	120	1g	0g	0g	20mg	200mg	25g	1g	5g	3g	0%	0%	0%	8%
Cheddar Garlic	120	4.5g	3.5g	0g	15mg	310mg	16g	2g	4g	6g	2%	0%	10%	6%
Cherry White Choc Swirl	130	3g	.5g	0g	5mg	230 mg	27g	1g	8g	2g	6%	0%	2%	2%
Cinnamon Chip	130	2.5g	1.5g	1g	0mg	300 mg	26g	1g	9g	2g	0%	0%	2%	6%
Old Fashioned White	110	0g	0g	0g	0mg	390mg	24g	1g	5g	3g	0%	0%	0%	2%
Asiago Pesto Tomato	130	3g	1g	0g	5mg	300mg	21g	<1g	4g	5g	2%	2%	8%	10%
Sweets														
Oatmeal Walnut CC Cookie	510	27g	13g	0.5g	60mg	360mg	64g	5g	39g	7g	10%	0%	8%	15%

Serving Size: 50g (1.75oz) There are 20 servings in a 2.2 lb (one kilogram) loaf.

Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only.

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