

BAKED GOODS

Nutritional Information

	Serving Size	Calories	Fat	Sat. Fat	Chlor.	Sodium	Carbs	Sugars	Protein
Apple Cinnamon Muffin	1 muffin	380	17	8	60	410	57	30	7
Banana Muffin	1 muffin	200	7	3	20	150	34	19	3
Blueberry Muffin	1 muffin	350	16	8	65	390	50	28	6
Bran Muffin	1 muffin	270	9	3.5	35	630	49	23	6
Cinnamon Swirl Bread	1 slice	200	3.5	1	5	300	38	7	6
Cloud Bread	1 bread	35	3	1.5	60	80	0	0	2
Croissant	1 croissant	230	12	6	5	200	28	3	5
English Muffin	1 muffin	160	1	0	0	300	31	2	6
English Muffin Bread	2 slices	230	1.5	0	0	530	45	3	9
Grilled Cinnamon Roll	1 roll	410	15	4.5	45	440	65	27	8
Grilled Pecan Roll	1 roll	420	16	2.5	35	420	66	23	9
Morning Glory Muffin	1 muffin	400	20	4	35	470	53	35	5
Hamburger Bun	1 bun	120	2	1	0	220	22	3	4
Hot Dog Bun	1 bun	120	2	1	0	200	21	3	4
Lemon Poppyseed	1 bread	200	9	1.5	20	220	27	17	3
Multi-Grain Bread	2 slices	200	2.5	0	0	380	37	3	8
Pumpkin Muffin	1 muffin	400	19	3	45	450	57	38	6
Raisin Bread	2 slices	210	2	.5	0	270	44	3	6
Russian Rye Bread	2 slices	230	1	0	0	510	47	1	9
White Bread	2 slices	200	3.5	1	0	330	37	3	6
Whole Wheat Bread	2 slices	210	3	1	0	360	38	3	6

Allergens

	WHEAT	SOY	MILK	EGG	FISH	TREE NUTS	PEANUTS	SHELLFISH	SESAME
Apple Cinnamon Muffin	WHEAT	SOY	MILK	EGG					
Banana Muffin	WHEAT	SOY	MILK	EGG					
Blueberry Muffin	WHEAT	SOY	MILK	EGG					
Bran Muffin	WHEAT	SOY	MILK	EGG					
Cinnamon Swirl Bread	WHEAT	SOY		EGG					
Cloud Bread		SOY	MILK						
Croissant	WHEAT	SOY	MILK	EGG					
English Muffin	WHEAT								SESAME
English Muffin Bread	WHEAT	SOY	MILK	EGG					
Grilled Cinnamon Roll	WHEAT	SOY	MILK	EGG					
Grilled Pecan Roll	WHEAT	SOY		EGG		TREE NUTS			
Hamburger Bun	WHEAT	SOY							
Hot Dog Bun	WHEAT	SOY							
Lemon Poppyseed Bread	WHEAT	SOY	MILK	EGG					
Morning Glory Muffin	WHEAT	SOY		EGG					
Multi-Grain Bread	WHEAT								
Pumpkin Muffin	WHEAT	SOY		EGG		TREE NUTS			
Raisin Bread	WHEAT								
Russian Rye Bread	WHEAT								
White Bread	WHEAT	SOY							
Whole Wheat Bread	WHEAT	SOY							

All products are made in a facility that processes food containing all nine primary allergens.