



A warm fresh slice of the good life

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 56g (2oz)	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		Honey Whole Wheat	120	0.5	0	330mg	26g	3g	6g	4g	X	X				
X		High 5 Fiber	140	3g	0	240mg	25g	5g	5g	5g	X	X				
X		Dakota	150	4g	0	270mg	25g	4g	5g		X	X				
X		Caraway Rye	120	1g	0	310mg	27g	5g	5g	5g	X	X				
X		Flax Oatbran (High Omega 3)	130	4g	0	320mg	23g	4g	6g	4g	X	X	X			
X	X	High Country Crunch	140	4g	0	240mg	23g	3g	4g	5g	X	X	X			
X	X	Farmhouse White	130	0	0	400mg	29g	1g	5g	4g	X	X				

W-Enriched White Flour

B-Contains a blend of flours. Namely, Fresh Ground 100% Whole Wheat Flour, Enriched White Flour, Rye Flour, or Corn Flour.

*Products may have an egg wash, please check with your local bakery.

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