

Type of Flour		Serving Size 1 Slice (2oz) 56g	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 Walnut Swirl	150	4g	5mg	240mg	25g	3g	9g	4g	X		X			X
Wheat	White	Basil Parmesan	130	1g	0mg	360mg	26g	2g	5g	4g	X	X				X
	White	Cinnamon Chip	160	2.5g	0mg	340mg	29g	1g	9g	3g	X	X			X	X
X		Cinnamon Swirl	150	2g	5mg	270mg	28g	4g	11g	4g	X					X
	White	Cheddar Garlic	140	3g	10mg	330mg	24g	1g	4g	5g	X	X				X
	White	Challah	140	1g	30mg	210mg	29g	1g	5g	4g	X	X				
Wheat	White	Cranberry Pear Walnut	130	1.5g	0mg	190mg	25g	2g	8g	4g	X	X				
Wheat	White	Cranberry Orange	140	0g	0mg	190mg	29g	2g	9g	4g	X	X				
X		Crunchy Blues	160	4.5g	0mg	150mg	24g	5g	7g	5g	X		X			
X		5 Seed Dakota	150	4.5g	0mg	250mg	21g	4g	4g	6g	X	X				
X		Flax Oat Bran	140	3g	0mg	320mg	23g	4g	6g	5g	X		X			
	GF	Gluten Less Cinnamon Chip	160	6g	25mg	80mg	25g	2g	9g	3g		X			X	X
	GF	Gluten Less Dakota	140	5g	20mg	75mg	22g	2g	5g	3g		X				X
	White	Green Chili Pepper Jack	140	2.5g	10mg	350mg	23g	1g	4g	5g	X	X				X
	White	Harvest White	130	0g	0mg	430mg	28g	1g	5g	3g	X	X				
X		Honey Whole Wheat	130	0.5g	0mg	300mg	25g	4g	6g	5g	X	X				
X		Indian Bread	130	0.5g	0mg	290mg	25g	4g	6g	5g	X	X				
X		Low Sodium Sunflower Bread	140	2.5g	0mg	120mg	24g	4g	6g	5g	X					
X		Nine Grain	130	0.5g	0mg	320mg	25g	4g	6g	5g	X	X				
X		Pacific Crest Crunch	150	3g	0mg	270mg	25g	4g	9g	5g	X		X			
	W+R	Pumpernickle Rye	130	1g	0mg	290mg	27g	3g	5g	3g	X	X				
Wheat	White	Sourdough	110	0g	0mg	250mg	24g	1g	0g	3g	X					
Wheat	W+R	Multigrain Sourdough	120	3g	0mg	210mg	21g	3g	0g	4g	X					
	Spelt	Spelt	150	1.5g	0mg	190mg	33g	3g	5g	6g						
Wheat	White	Spinach Feta	130	2g	5mg	320mg	23g	2g	5g	5g	X					X
	White	Swiss Dill	140	2.5g	5mg	210mg	23g	1g	3g	5g	X	X				X
Wheat	White	Virginia Bread	140	3.5g	10mg	230mg	24g	2g	5g	4g	X	X				X
X		Whole Wheat Raisin Cinnamon	120	0g	0mg	230mg	27g	3g	13g	4g	X					
X		Wheat Cinnamon Burst	150	3g	0mg	270mg	26g	4g	10g	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.