



CINNAMON RAISIN BAGEL

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 300, **Total Fat** 1.5g (2% DV), Sat. Fat 0g (0% DV), Trans. Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 280mg (11% DV), **Total Carb.** 61g (20% DV), Dietary Fiber 3g (11% DV), Sugars 0g, **Protein** 9g, Vitamin A (0% DV), Vitamin C (10% DV), Calcium (8% DV), Iron (20% DV), Thiamin (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Enriched Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2] & Folic Acid), Water, Raisins, Sugar, Dough Conditioner (Salt, Dextrose, Calcium Propionate, Monoglycerides, Guar Gum, Wheat Flour, Calcium Sulfate, Calcium Carbonate, Ascorbic Acid, L-Cysteine, Ammonium Sulfate, Enzymes), Ground Cinnamon, Vital Wheat Gluten, Yeast.

CONTAINS: WHEAT & SOY. Manufactured in a **NUT FREE** facility.



EVERYTHING BAGEL

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 300, **Total Fat** 2.5g (4% DV), Sat. Fat 0g (0% DV), Trans. Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 280mg (12% DV), **Total Carb.** 58g (19% DV), Dietary Fiber 2g (7% DV), Sugars 0g, **Protein** 10g, Vitamin A (0% DV), Vitamin C (10% DV), Calcium (10% DV), Iron (20% DV), Thiamin (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Enriched Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2] & Folic Acid), Water, Dough Conditioner (Salt, Dextrose, Calcium Propionate, Monoglycerides, Guar Gum, Wheat Flour, Calcium Sulfate, Calcium Carbonate, Ascorbic Acid, L-Cysteine, Ammonium Sulfate, Enzymes), Sugar, Poppy Seeds, Sesame Seeds, Dehydrated Garlic, Dehydrated Onion, Vital Wheat Gluten, Yeast.

CONTAINS: WHEAT & SOY. Manufactured in a **NUT FREE** facility.



PLAIN BAGEL

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 280, **Total Fat** 1.5g (2% DV), Sat. Fat 0g (0% DV), Trans. Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 270mg (11% DV), **Total Carb.** 55g (18% DV), Dietary Fiber 2g (7% DV), Sugars 0g, **Protein** 9g, Vitamin A (0% DV), Vitamin C (10% DV), Calcium (8% DV), Iron (20% DV), Thiamin (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Enriched Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2] & Folic Acid), Water, Dough Conditioner (Salt, Dextrose, Calcium Propionate, Monoglycerides, Guar Gum, Wheat Flour, Calcium Sulfate, Calcium Carbonate, Ascorbic Acid, L-Cysteine, Ammonium Sulfate, Enzymes), Sugar, Yeast, Vital Wheat Gluten.

CONTAINS: WHEAT & SOY. Manufactured in a **NUT FREE** facility.



SESAME BAGEL

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 310, **Total Fat** 3.5g (5% DV), Sat. Fat 0.5g (3% DV), Trans. Fat 0g, **Cholest.** 0mg (0% DV), **Sodium** 280mg (12% DV), **Total Carb.** 57g (19% DV), Dietary Fiber 3g (10% DV), Sugars 0g, **Protein** 10g, Vitamin A (0% DV), Vitamin C (10% DV), Calcium (8% DV), Iron (20% DV), Thiamin (0% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Enriched Unbleached Unbromated Flour (Wheat Flour, Malted Barley Flour, Reduced Iron, Niacin, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2] & Folic Acid), Water, Sesame Seeds, Dough Conditioner (Salt, Dextrose, Calcium Propionate, Monoglycerides, Guar Gum, Wheat Flour, Calcium Sulfate, Calcium Carbonate, Ascorbic Acid, L-Cysteine, Ammonium Sulfate, Enzymes), Sugar, Yeast, Vital Wheat Gluten.

CONTAINS: WHEAT & SOY. Manufactured in a **NUT FREE** facility.



CHOCOLATE CHIP MUFFIN

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 420, **Total Fat** 19g (24% DV), Sat. Fat 3.5g (17% DV), Trans. Fat 0g, **Cholest.** 60mg (20% DV), **Sodium** 20mg (1% DV), **Total Carb.** 57g (21% DV), Dietary Fiber 2g (6% DV), Sugars 23g, Added Sugars 0g, **Protein** 8g, Calcium (0% DV), Iron (4% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Wheat Flour, Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, And Monocalcium Phosphate), Dry Dairy Blend (Whey, Non-Fat Dry Milk, Sodium Caseinate), Eggs, Canola Oil, Chocolate Chips, Water, Distilled Monoglycerides, Salt, Soy Flour, Wheat Gluten, Gums (Xanthan, Cellulose, Guar, Arabic, Carrageenan), Natural Flavor, Colored With Beta Carotene.

CONTAINS: WHEAT, EGGS, DAIRY, SOY. Made on shared equipment with peanuts, tree nuts.



CRANBERRY ORANGE MUFFIN

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 280, **Total Fat** 16g (21% DV), Sat. Fat 2g (9% DV), Trans. Fat 0g, **Cholest.** 65mg (21% DV), **Sodium** 115mg (5% DV), **Total Carb.** 31g (11% DV), Dietary Fiber 1g (4% DV), Sugars 24g, Added Sugars 0g, **Protein** 3g, Calcium (0% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Wheat Flour, Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, And Monocalcium Phosphate), Dry Dairy Blend (Whey, Non-Fat Dry Milk, Sodium Caseinate), Eggs, Canola Oil, Cranberries, Water, Orange Zest, Orange Oil, Distilled Monoglycerides, Salt, Soy Flour, Wheat Gluten, Gums (Xanthan, Cellulose, Guar, Arabic, Carrageenan), Natural Flavor, Colored With Beta Carotene.

CONTAINS: WHEAT, EGGS, DAIRY, SOY. Made on shared equipment with peanuts, tree nuts.



DOUBLE CHOCOLATE MUFFIN

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 410, **Total Fat** 22g (29% DV), Sat. Fat 3.5g (17% DV), Trans. Fat 0g, **Cholest.** 75mg (24% DV), **Sodium** 480mg (21% DV), **Total Carb.** 50g (18% DV), Dietary Fiber 2g (6% DV), Sugars 31g, Added Sugars 0g, **Protein** 5g, Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Wheat Flour, Sugar, Cocoa Powder (Treated With Alkali), Modified Food Starch, Dairy Whey (Milk), Soybean Oil, Leavening (Baking Soda, Sodium Acid Pyrophosphate, Monocalcium Phosphate), Buttermilk Solids, Mono And Diglycerides, Caramel Color, Salt, Natural Flavor, Enzyme, Water, Whole Eggs, Canola Oil, Chocolate Chips.

CONTAINS: WHEAT, EGGS, DAIRY, SOY. Made on shared equipment with peanuts, tree nuts.



LEMON POPPYSEED MUFFIN

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 390, **Total Fat** 7g (9% DV), Sat. Fat 1g (6% DV), Trans. Fat 0g, **Cholest.** 40mg (13% DV), **Sodium** 160mg (7% DV), **Total Carb.** 74g (27% DV), Dietary Fiber 2g (7% DV), Sugars 16g, Added Sugars 0g, **Protein** 9g, Calcium (4% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Wheat Flour, Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, And Monocalcium Phosphate), Dry Dairy Blend (Whey, Non-Fat Dry Milk, Sodium Caseinate), Eggs, Canola Oil, Water, Distilled Monoglycerides, Salt, Poppy Seeds, Soy Flour, Wheat Gluten, Lemon Emulsion, Gums (Xanthan, Cellulose, Guar, Arabic, Carrageenan), Lemon Oil, Natural Flavor, Colored With Beta Carotene.

CONTAINS: WHEAT, EGGS, DAIRY, SOY. Made on shared equipment with peanuts, tree nuts.



PISTACHIO MUFFIN

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 620, **Total Fat** 50g (65% DV), Sat. Fat 3.5g (18% DV), Trans. Fat 0g, **Cholest.** 35mg (12% DV), **Sodium** 15mg (1% DV), **Total Carb.** 39g (14% DV), Dietary Fiber 1g (2% DV), Sugars 21g, Added Sugars 0g, **Protein** 5g, Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Wheat Flour, Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, And Monocalcium Phosphate), Eggs, Dry Dairy Blend (Whey, Non-Fat Dry Milk, Sodium Caseinate), Canola Oil, Water, Distilled Monoglycerides, Salt, Soy Flour, Walnuts, Pistachio Flavor (Water, Propylene Glycol, Artificial Flavors, Ethyl Alcohol, Fd&C Yellow #5, Fd&C Blue #1), Wheat Gluten, Gums (Xanthan, Cellulose, Guar, Arabic, Carrageenan), Natural Flavor, Colored With Beta Carotene, Fd&C Green #4.

CONTAINS: WHEAT, EGGS, DAIRY, SOY, WALNUTS. Made on shared equipment with peanuts, tree nuts.



CHOCOLATE MARBLE TEA BREAD

NUTRITION FACTS: Serv. size: 3 oz (85g), Servings per container: 1, Amount Per Serving: **Calories** 310, **Total Fat** 17g (21% DV), Sat. Fat 2.5g (13% DV), Trans. Fat 0g, **Cholest.** 55mg (18% DV), **Sodium** 360mg (16% DV), **Total Carb.** 37g (14% DV), Dietary Fiber 1g (4% DV), Sugars 23g, Added Sugars 0g, **Protein** 4g, Calcium (0% DV), Iron (6% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Unbleached Unbromated Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Filtered Water, Sugar, Zero Trans Fat Margarine, Eggs, Cocoa Powder, Chocolate Chips, Whole Milk, Baking Powder, Salt, Vanilla Extract.

CONTAINS: WHEAT, EGGS, DAIRY. Made on shared equipment with peanuts, tree nuts, soy.



CRANBERRY TEA BREAD

NUTRITION FACTS: Serv. size: 3 oz (85g), Servings per container: 1, Amount Per Serving: **Calories** 270, **Total Fat** 12g (16% DV), Sat. Fat 1g (6% DV), Trans. Fat 0g, **Cholest.** 50mg (17% DV), **Sodium** 20mg (1% DV), **Total Carb.** 33g (12% DV), Dietary Fiber 1g (5% DV), Sugars 8g, Added Sugars 0g, **Protein** 6g, Calcium (0% DV), Iron (1.3% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Eggs, Canola Oil, Cranberries, Water, Orange Zest, Xanthan Gum, Baking Soda, Salt, Soy Flour, Orange Oil.

CONTAINS: WHEAT, EGGS, SOY. Made on shared equipment with peanuts, tree nuts, dairy, soy.



LEMON BLUEBERRY TEA BREAD

NUTRITION FACTS: Serv. size: 3 oz (85g), Servings per container: 1, Amount Per Serving: **Calories** 300, **Total Fat** 14g (18% DV), Sat. Fat 1.5g (7% DV), Trans. Fat 0g, **Cholest.** 60mg (20% DV), **Sodium** 20mg (1% DV), **Total Carb.** 38g (14% DV), Dietary Fiber 1g (4% DV), Sugars 9g, Added Sugars 0g, **Protein** 7g, Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Sugar, Eggs, Canola Oil, Blueberries, Water, Lemon Zest, Xanthan Gum, Baking Soda, Salt, Soy Flour, Blueberry Extract, Lemon Oil.

CONTAINS: WHEAT, EGGS, SOY. Made on shared equipment with peanuts, tree nuts, dairy, soy.



APPLE FILLED CROISSANT

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 400, **Total Fat** 23g (29% DV), Sat. Fat 14g (70% DV), Trans. Fat 0g, **Cholest.** 50mg (16% DV), **Sodium** 420mg (18% DV), **Total Carb.** 43g (16% DV), Dietary Fiber 1g (10% DV), Sugars 10g, Added Sugars 0g, **Protein** 6g, Calcium (2% DV), Iron (60% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Unsalted Butter, Sugar, Yeast, Whole Milk Powder, Salt, Natural Dough Conditioner (Wheat Gluten, Xanthan Gum, Ascorbic Acid, Enzymes), Apple Filling (Corn Syrup, Sugar Water, Apples, Apple Juice Concentrate, Pectin, Citric Acid, Sodium Citrate, Calcium Citrate), Egg.

CONTAINS: WHEAT, EGGS, DAIRY. Made on shared equipment with peanuts, tree nuts, soy.



CHERRY ALMOND FILLED DANISH

NUTRITION FACTS: Serv. size: 4.5 oz (128g), Servings per container: 1, Amount Per Serving: **Calories** 320, **Total Fat** 8g (13% DV), Sat. Fat 3g (16% DV), Trans. Fat 0g, **Cholest.** 25mg (8% DV), **Sodium** 580mg (24% DV), **Total Carb.** 56g (19% DV), Dietary Fiber 2g (7% DV), Sugars 18g, **Protein** 5g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Unbleached, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water, Eggs, Cane Sugar, Unsalted Butter, Yeast, Natural Dough Conditioner, Salt. Filling: Corn Syrup, Sugar, Water, Tart Cherries, Cherry Juice Concentrate. Contains 2% Or Less: Pectin, Sodium Alginate, Natural Flavor, Citric Acid, Sodium, Fruit And Vegetable Juice, Calcium Citrate.

CONTAINS: WHEAT, EGGS, DAIRY. Made on shared equipment with peanuts, tree nuts, milk, soy.



RASPBERRY FILLED DANISH

NUTRITION FACTS: Serv. size: 4.5 oz (128g), Servings per container: 1, Amount Per Serving: **Calories** 320, **Total Fat** 8g (13% DV), Sat. Fat 3g (16% DV), Trans. Fat 0g, **Cholest.** 25mg (8% DV), **Sodium** 580mg (24% DV), **Total Carb.** 56g (19% DV), Dietary Fiber 2g (7% DV), Sugars 18g, **Protein** 5g, Vitamin A (2% DV), Vitamin C (0% DV), Calcium (2% DV), Iron (15% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Unbleached, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine, Mononitrate, Riboflavin, Folic Acid), Water, Eggs, Cane Sugar, Unsalted Butter, Yeast, Natural Dough Conditioner, Salt. Filling: Corn Syrup, Sugar, Water, Raspberry Juice Concentrate. Contains 2% Or Less: Raspberry Seeds, Pectin, Sodium Alginate, Natural Flavor, Citric Acid, Sodium, Fruit And Vegetable Juice, Calcium Citrate.

CONTAINS: WHEAT, EGGS, DAIRY. Made on shared equipment with peanuts, tree nuts, milk, soy.



BLUEBERRY MUFFIN

NUTRITION FACTS: Serv. size: 4 oz (113g), Servings per container: 1, Amount Per Serving: **Calories** 370, **Total Fat** 15g (19% DV), Sat. Fat 1.5g (8% DV), Trans. Fat 0g, **Cholest.** 65mg (21% DV), **Sodium** 150mg (7% DV), **Total Carb.** 51g (19% DV), Dietary Fiber 2g (5% DV), Sugars 20g, Added Sugars 0g, **Protein** 7g, Calcium (0% DV), Iron (8% DV). Percent Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Sugar, Wheat Flour, Enriched Wheat Flour (Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Starch, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Corn Starch, And Monocalcium Phosphate), Dry Dairy Blend (Whey, Non-Fat Dry Milk, Sodium Caseinate), Eggs, Canola Oil, Blueberries, Water, Distilled Monoglycerides, Salt, Soy Flour, Wheat Gluten, Gums (Xanthan, Cellulose, Guar, Arabic, Carrageenan), Natural Flavor, Colored With Beta Carotene.

CONTAINS: WHEAT, EGGS, DAIRY, SOY. Made on shared equipment with peanuts, tree nuts.

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