

Soft White Bread

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 2 Slices (57g)             |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 140            | Calories from Fat 36 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 4.00 g        | <b>6%</b>            |
| Saturated/Saturé 1.00g         | <b>5%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 0mg         | <b>0%</b>            |
| <b>Sodium</b> 200mg            | <b>8%</b>            |
| <b>Total Carbohydrates</b> 24g | <b>8%</b>            |
| Fiber 5g                       | <b>20%</b>           |
| Sugars 1g                      |                      |
| <b>Protein</b> 2g              |                      |
| Vitamin A 0%                   | Vitamin C 0%         |
| Calcium 4%                     | Iron 8%              |
| Thiamine 10%                   | Riboflavin 6%        |
| Niacin 8%                      | Folate 8%            |

\* Based on a 2000 calorie diet

Soft Multigrain Bread

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 2 Slices (57g)             |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 150            | Calories from Fat 54 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 6.00 g        | <b>9%</b>            |
| Saturated/Saturé 1.00g         | <b>5%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 0mg         | <b>0%</b>            |
| <b>Sodium</b> 180mg            | <b>7%</b>            |
| <b>Total Carbohydrates</b> 20g | <b>6%</b>            |
| Fiber 5g                       | <b>20%</b>           |
| Sugars 1g                      |                      |
| <b>Protein</b> 3g              |                      |
| Vitamin A 0%                   | Vitamin C 0%         |
| Calcium 4%                     | Iron 10%             |
| Thiamine 10%                   | Riboflavin 8%        |
| Niacin 10%                     | Folate 8%            |

\* Based on a 2000 calorie diet

White Sandwich Bread

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Slice                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 70             | Calories from Fat 18 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 2.00 g        | <b>3%</b>            |
| Saturated/Saturé 0.20g         | <b>1%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 15mg        | <b>5%</b>            |
| <b>Sodium</b> 150mg            | <b>6%</b>            |
| <b>Total Carbohydrates</b> 15g | <b>5%</b>            |
| Fiber 2g                       | <b>8%</b>            |
| Sugars 2g                      |                      |
| <b>Protein</b> 1g              |                      |
| Vitamin A 5%                   | Vitamin C 0%         |
| Calcium 0%                     | Iron 5%              |
| Thiamine 10%                   | Riboflavin 5%        |
| Niacin 2%                      | Folate 2%            |

\* Based on a 2000 calorie diet

Brown Sandwich Bread

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Slice                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 70             | Calories from Fat 18 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 2.00 g        | <b>3%</b>            |
| Saturated/Saturé 0.30g         | <b>1%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 15mg        | <b>5%</b>            |
| <b>Sodium</b> 160mg            | <b>6%</b>            |
| <b>Total Carbohydrates</b> 14g | <b>4%</b>            |
| Fiber 2g                       | <b>8%</b>            |
| Sugars 2g                      |                      |
| <b>Protein</b> 2g              |                      |
| Vitamin A 5%                   | Vitamin C 0%         |
| Calcium 0%                     | Iron 5%              |
| Thiamine 10%                   | Riboflavin 5%        |
| Niacin 2%                      | Folate 2%            |

\* Based on a 2000 calorie diet

Sunflower Flax Rice Bread

| Nutrition Facts                |                        |
|--------------------------------|------------------------|
| Per 1 Slice                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 90             | Calories from Fat 40.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 4.50 g        | <b>6%</b>              |
| Saturated/Saturé 0.40g         | <b>2%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 0mg         | <b>0%</b>              |
| <b>Sodium</b> 280mg            | <b>11%</b>             |
| <b>Total Carbohydrates</b> 16g | <b>5%</b>              |
| Fiber 2g                       | <b>8%</b>              |
| Sugars 2g                      |                        |
| <b>Protein</b> 2g              |                        |
| Vitamin A 0%                   | Vitamin C 0%           |
| Calcium 0%                     | Iron 7%                |
| Thiamine 20%                   | Riboflavin 7%          |
| Niacin 5%                      | Folate 5%              |

\* Based on a 2000 calorie diet

Many Wonder Multigrain Rice Bread

| Nutrition Facts                |                        |
|--------------------------------|------------------------|
| Per 1 Slice                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 90             | Calories from Fat 31.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 3.50 g        | <b>5%</b>              |
| Saturated/Saturé 0.40g         | <b>2%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 20mg        | <b>6%</b>              |
| <b>Sodium</b> 120mg            | <b>5%</b>              |
| <b>Total Carbohydrates</b> 18g | <b>6%</b>              |
| Fiber 3g                       | <b>12%</b>             |
| Sugars 2g                      |                        |
| <b>Protein</b> 2g              |                        |
| Vitamin A 7%                   | Vitamin C 0%           |
| Calcium 0%                     | Iron 7%                |
| Thiamine 15%                   | Riboflavin 7%          |
| Niacin 5%                      | Folate 2%              |

\* Based on a 2000 calorie diet

**Tapioca Rice Bread**

| <b>Nutrition Facts</b>         |                        |
|--------------------------------|------------------------|
| Per 1 Slice                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 90             | Calories from Fat 22.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 2.50 g        | <b>3%</b>              |
| Saturated/Saturé 0.30g         | <b>1%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 20mg        | <b>6%</b>              |
| <b>Sodium</b> 130mg            | <b>5%</b>              |
| <b>Total Carbohydrates</b> 20g | <b>6%</b>              |
| Fiber 1g                       | <b>4%</b>              |
| Sugars 5g                      |                        |
| <b>Protein</b> 2g              |                        |
| Vitamin A 7%                   | Vitamin C 0%           |
| Calcium 0%                     | Iron 5%                |
| Thiamine 15%                   | Riboflavin 7%          |
| Niacin 2%                      | Folate 2%              |

\* Based on a 2000 calorie diet

**Raisin Tapioca Rice Bread**

| <b>Nutrition Facts</b>         |                        |
|--------------------------------|------------------------|
| Per 1 Slice                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 100            | Calories from Fat 22.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 2.50 g        | <b>3%</b>              |
| Saturated/Saturé 0.30g         | <b>1%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 20mg        | <b>6%</b>              |
| <b>Sodium</b> 135mg            | <b>5%</b>              |
| <b>Total Carbohydrates</b> 23g | <b>7%</b>              |
| Fiber 2g                       | <b>8%</b>              |
| Sugars 7g                      |                        |
| <b>Protein</b> 2g              |                        |
| Vitamin A 7%                   | Vitamin C 0%           |
| Calcium 0%                     | Iron 7%                |
| Thiamine 15%                   | Riboflavin 7%          |
| Niacin 2%                      | Folate 2%              |

\* Based on a 2000 calorie diet

**Robins Honey Brown Rice Bread**

| <b>Nutrition Facts</b>         |                      |
|--------------------------------|----------------------|
| Per 1 Slice                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 80             | Calories from Fat 27 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 3.00 g        | <b>4%</b>            |
| Saturated/Saturé 0.40g         | <b>2%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 0mg         | <b>0%</b>            |
| <b>Sodium</b> 210mg            | <b>8%</b>            |
| <b>Total Carbohydrates</b> 20g | <b>6%</b>            |
| Fiber 1g                       | <b>4%</b>            |
| Sugars 3g                      |                      |
| <b>Protein</b> 1g              |                      |
| Vitamin A 0%                   | Vitamin C 0%         |
| Calcium 0%                     | Iron 10%             |
| Thiamine 20%                   | Riboflavin 7%        |
| Niacin 7%                      | Folate 5%            |

\* Based on a 2000 calorie diet

**Italian White Tapioca Rice Bread**

| <b>Nutrition Facts</b>         |                        |
|--------------------------------|------------------------|
| Per 1 Slice                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 90             | Calories from Fat 22.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 2.50 g        | <b>3%</b>              |
| Saturated/Saturé 0.30g         | <b>1%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 20mg        | <b>6%</b>              |
| <b>Sodium</b> 190mg            | <b>7%</b>              |
| <b>Total Carbohydrates</b> 20g | <b>6%</b>              |
| Fiber 1g                       | <b>4%</b>              |
| Sugars 4g                      |                        |
| <b>Protein</b> 2g              |                        |
| Vitamin A 7%                   | Vitamin C 0%           |
| Calcium 0%                     | Iron 5%                |
| Thiamine 15%                   | Riboflavin 7%          |
| Niacin 2%                      | Folate 2%              |

\* Based on a 2000 calorie diet

**Festive Bread**

| <b>Nutrition Facts</b>         |                        |
|--------------------------------|------------------------|
| Per 1 Slice                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 100            | Calories from Fat 13.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 1.50 g        | <b>2%</b>              |
| Saturated/Saturé 0.30g         | <b>1%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 15mg        | <b>5%</b>              |
| <b>Sodium</b> 170mg            | <b>7%</b>              |
| <b>Total Carbohydrates</b> 19g | <b>6%</b>              |
| Fiber 1g                       | <b>4%</b>              |
| Sugars 5g                      |                        |
| <b>Protein</b> 1g              |                        |
| Vitamin A 5%                   | Vitamin C 0%           |
| Calcium 5%                     | Iron 5%                |
| Thiamine 10%                   | Riboflavin 5%          |
| Niacin 2%                      | Folate 2%              |

\* Based on a 2000 calorie diet

**Candadi Yeast Free Multigrain Rice Bread**

| <b>Nutrition Facts</b>         |                        |
|--------------------------------|------------------------|
| Per 1 Slice                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 90             | Calories from Fat 31.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 3.50 g        | <b>5%</b>              |
| Saturated/Saturé 0.40g         | <b>2%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 20mg        | <b>6%</b>              |
| <b>Sodium</b> 270mg            | <b>11%</b>             |
| <b>Total Carbohydrates</b> 16g | <b>5%</b>              |
| Fiber 1g                       | <b>4%</b>              |
| Sugars 1g                      |                        |
| <b>Protein</b> 2g              |                        |
| Vitamin A 7%                   | Vitamin C 0%           |
| Calcium 0%                     | Iron 7%                |
| Thiamine 15%                   | Riboflavin 7%          |
| Niacin 5%                      | Folate 2%              |

\* Based on a 2000 calorie diet

**Yeast Free Tapioca Bread**

| <b>Nutrition Facts</b>   |                      |
|--|----------------------|
| Per 1 Slice  |                      |
| Amount Per Serving   |                      |
| <b>Calories</b> 80   | Calories from Fat 18 |
| % Daily Value*   |                      |
| <b>Total Fat</b> 2.00 g  | <b>3%</b>            |
| Saturated/Saturé 0.30g   | <b>1%</b>            |
| Trans 0 g  |                      |
| <b>Cholesterol</b> 15mg  | <b>5%</b>            |
| <b>Sodium</b> 170mg  | <b>7%</b>            |
| <b>Total Carbohydrates</b> 17g   | <b>5%</b>            |
| Fiber 2g   | <b>8%</b>            |
| Sugars 3g  |                      |
| <b>Protein</b> 1g  |                      |
| Vitamin A 5% • Vitamin C 0%<br>Calcium 0% • Iron 5%<br>Thiamine 10% • Riboflavin 5%<br>Niacin 2% • Folate 0% |                      |
| * Based on a 2000 calorie diet   |                      |

**Soft Hamburger Buns**

| <b>Nutrition Facts</b>   |                      |
|--|----------------------|
| Per 1 Bun  |                      |
| Amount Per Serving   |                      |
| <b>Calories</b> 150  | Calories from Fat 45 |
| % Daily Value*   |                      |
| <b>Total Fat</b> 5.00 g  | <b>7%</b>            |
| Saturated/Saturé 1.00g   | <b>5%</b>            |
| Trans 0 g  |                      |
| <b>Cholesterol</b> 0mg   | <b>0%</b>            |
| <b>Sodium</b> 210mg  | <b>8%</b>            |
| <b>Total Carbohydrates</b> 26g   | <b>8%</b>            |
| Fiber 5g   | <b>20%</b>           |
| Sugars 1g  |                      |
| <b>Protein</b> 2g  |                      |
| Vitamin A 0% • Vitamin C 0%<br>Calcium 4% • Iron 8%<br>Thiamine 10% • Riboflavin 6%<br>Niacin 8% • Folate 8% |                      |
| * Based on a 2000 calorie diet   |                      |

**Soft Hotdog Buns**

| <b>Nutrition Facts</b>  |                      |
|---|----------------------|
| Per 1 Bun   |                      |
| Amount Per Serving  |                      |
| <b>Calories</b> 180   | Calories from Fat 45 |
| % Daily Value*  |                      |
| <b>Total Fat</b> 5.00 g   | <b>7%</b>            |
| Saturated/Saturé 1.00g  | <b>5%</b>            |
| Trans 0 g   |                      |
| <b>Cholesterol</b> 0mg  | <b>0%</b>            |
| <b>Sodium</b> 250mg   | <b>10%</b>           |
| <b>Total Carbohydrates</b> 30g  | <b>10%</b>           |
| Fiber 6g  | <b>24%</b>           |
| Sugars 1g   |                      |
| <b>Protein</b> 3g   |                      |
| Vitamin A 0% • Vitamin C 0%<br>Calcium 4% • Iron 10%<br>Thiamine 10% • Riboflavin 6%<br>Niacin 10% • Folate 10% |                      |
| * Based on a 2000 calorie diet  |                      |

**Tapioca Rice English Muffins**

| <b>Nutrition Facts</b>   |                        |
|--|------------------------|
| Per 1 Bun  |                        |
| Amount Per Serving   |                        |
| <b>Calories</b> 242  | Calories from Fat 31.5 |
| % Daily Value*   |                        |
| <b>Total Fat</b> 3.50 g  | <b>5%</b>              |
| Saturated/Saturé 0.30g   | <b>1%</b>              |
| Trans 0 g  |                        |
| <b>Cholesterol</b> 0mg   | <b>0%</b>              |
| <b>Sodium</b> 260mg  | <b>10%</b>             |
| <b>Total Carbohydrates</b> 41g   | <b>13%</b>             |
| Fiber 2g   | <b>8%</b>              |
| Sugars 6g  |                        |
| <b>Protein</b> 3g  |                        |
| Vitamin A 0% • Vitamin C 0%<br>Calcium 0% • Iron 15%<br>Thiamine 30% • Riboflavin 20%<br>Niacin 7% • Folate 7% |                        |
| * Based on a 2000 calorie diet   |                        |

**Tapioca Rice Tray Buns**

| <b>Nutrition Facts</b>   |                      |
|--|----------------------|
| Per 1 Bun  |                      |
| Amount Per Serving   |                      |
| <b>Calories</b> 80   | Calories from Fat 18 |
| % Daily Value*   |                      |
| <b>Total Fat</b> 2.00 g  | <b>3%</b>            |
| Saturated/Saturé 0.30g   | <b>1%</b>            |
| Trans 0 g  |                      |
| <b>Cholesterol</b> 15mg  | <b>5%</b>            |
| <b>Sodium</b> 160mg  | <b>6%</b>            |
| <b>Total Carbohydrates</b> 17g   | <b>5%</b>            |
| Fiber 2g   | <b>8%</b>            |
| Sugars 3g  |                      |
| <b>Protein</b> 1g  |                      |
| Vitamin A 5% • Vitamin C 0%<br>Calcium 0% • Iron 5%<br>Thiamine 10% • Riboflavin 5%<br>Niacin 2% • Folate 2% |                      |
| * Based on a 2000 calorie diet   |                      |

**Tapioca Rice Hot Cross Buns**

| <b>Nutrition Facts</b>   |                        |
|--|------------------------|
| Per 1 Bun  |                        |
| Amount Per Serving   |                        |
| <b>Calories</b> 180  | Calories from Fat 31.5 |
| % Daily Value*   |                        |
| <b>Total Fat</b> 3.50 g  | <b>5%</b>              |
| Saturated/Saturé 0.50g   | <b>2%</b>              |
| Trans 0 g  |                        |
| <b>Cholesterol</b> 15mg  | <b>5%</b>              |
| <b>Sodium</b> 290mg  | <b>12%</b>             |
| <b>Total Carbohydrates</b> 35g   | <b>11%</b>             |
| Fiber 4g   | <b>16%</b>             |
| Sugars 16g   |                        |
| <b>Protein</b> 2g  |                        |
| Vitamin A 5% • Vitamin C 10%<br>Calcium 2% • Iron 2%<br>Thiamine 2% • Riboflavin 2%<br>Niacin 2% • Folate 2% |                        |
| * Based on a 2000 calorie diet   |                        |

**Gingerbread Cookie Mix**

| <b>Nutrition Facts</b>     |                          |
|----------------------------|--------------------------|
| Per 30g                    |                          |
| <b>Amount Per Serving</b>  |                          |
| <b>Calories</b>            | 96 Calories from Fat 4.5 |
| <b>% Daily Value*</b>      |                          |
| <b>Total Fat</b>           | 0.50 g <b>0%</b>         |
| Saturated/Saturé           | 0.10g <b>0%</b>          |
| Trans                      | 0 g                      |
| <b>Cholesterol</b>         | 0mg <b>0%</b>            |
| <b>Sodium</b>              | 190mg <b>7%</b>          |
| <b>Total Carbohydrates</b> | 23g <b>7%</b>            |
| Fiber                      | 1g <b>4%</b>             |
| Sugars                     | 0g                       |
| <b>Protein</b>             | 1g                       |
| Vitamin A 0%               | Vitamin C 0%             |
| Calcium 0%                 | Iron 2%                  |
| Thiamine 0%                | Riboflavin 2%            |
| Niacin 5%                  | Folate 2%                |

\* Based on a 2000 calorie diet

**Crepe Mix**

| <b>Nutrition Facts</b>     |                           |
|----------------------------|---------------------------|
| Per 30g dry mix            |                           |
| <b>Amount Per Serving</b>  |                           |
| <b>Calories</b>            | 100 Calories from Fat 4.5 |
| <b>% Daily Value*</b>      |                           |
| <b>Total Fat</b>           | 0.50 g <b>0%</b>          |
| Saturated/Saturé           | 0.20g <b>1%</b>           |
| Trans                      | 0 g                       |
| <b>Cholesterol</b>         | 20mg <b>6%</b>            |
| <b>Sodium</b>              | 220mg <b>9%</b>           |
| <b>Total Carbohydrates</b> | 24g <b>8%</b>             |
| Fiber                      | 2g <b>8%</b>              |
| Sugars                     | 5g                        |
| <b>Protein</b>             | 2g                        |
| Vitamin A 10%              | Vitamin C 0%              |
| Calcium 2%                 | Iron 2%                   |
| Thiamine 2%                | Riboflavin 2%             |
| Niacin 0%                  | Folate 2%                 |

\* Based on a 2000 calorie diet

**Sugar Cookie Mix**

| <b>Nutrition Facts</b>     |                           |
|----------------------------|---------------------------|
| Per 30g dry mix            |                           |
| <b>Amount Per Serving</b>  |                           |
| <b>Calories</b>            | 102 Calories from Fat 2.7 |
| <b>% Daily Value*</b>      |                           |
| <b>Total Fat</b>           | 0.30 g <b>0%</b>          |
| Saturated/Saturé           | 0.10g <b>0%</b>           |
| Trans                      | 0 g                       |
| <b>Cholesterol</b>         | 0mg <b>0%</b>             |
| <b>Sodium</b>              | 95mg <b>3%</b>            |
| <b>Total Carbohydrates</b> | 25g <b>8%</b>             |
| Fiber                      | 1g <b>4%</b>              |
| Sugars                     | 6g                        |
| <b>Protein</b>             | 2g                        |
| Vitamin A 0%               | Vitamin C 0%              |
| Calcium 0%                 | Iron 2%                   |
| Thiamine 0%                | Riboflavin 0%             |
| Niacin 2%                  | Folate 0%                 |

\* Based on a 2000 calorie diet

**Pancake and Waffle Mix**

| <b>Nutrition Facts</b>                    |                         |
|---|-------------------------|
| Per 43g - about 10 servings per container |                         |
| <b>Amount Per Serving</b>                 |                         |
| <b>Calories</b>                           | 160 Calories from Fat 9 |
| <b>% Daily Value*</b>                     |                         |
| <b>Total Fat</b>                          | 1.00 g <b>1%</b>        |
| Saturated/Saturé                          | 0.30g <b>1%</b>         |
| Trans                                     | 0 g                     |
| <b>Cholesterol</b>                        | 20mg <b>6%</b>          |
| <b>Sodium</b>                             | 490mg <b>20%</b>        |
| <b>Total Carbohydrates</b>                | 34g <b>11%</b>          |
| Fiber                                     | 1g <b>4%</b>            |
| Sugars                                    | 7g                      |
| <b>Protein</b>                            | 3g                      |
| Vitamin A 0%                              | Vitamin C 0%            |
| Calcium 2%                                | Iron 4%                 |
| Thiamine 0%                               | Riboflavin 0%           |
| Niacin 0%                                 | Folate 0%               |

\* Based on a 2000 calorie diet

**Chocolate Cake Mix**

| <b>Nutrition Facts</b>              |                           |
|-------------------------------------|---------------------------|
| Per 33g - 15 Servings Per Container |                           |
| <b>Amount Per Serving</b>           |                           |
| <b>Calories</b>                     | 120 Calories from Fat 4.5 |
| <b>% Daily Value*</b>               |                           |
| <b>Total Fat</b>                    | 0.50 g <b>0%</b>          |
| Saturated/Saturé                    | 0.40g <b>2%</b>           |
| Trans                               | 0 g                       |
| <b>Cholesterol</b>                  | 0mg <b>0%</b>             |
| <b>Sodium</b>                       | 250mg <b>10%</b>          |
| <b>Total Carbohydrates</b>          | 28g <b>9%</b>             |
| Fiber                               | 2g <b>8%</b>              |
| Sugars                              | 16g                       |
| <b>Protein</b>                      | 1g                        |
| Vitamin A 0%                        | Vitamin C 0%              |
| Calcium 2%                          | Iron 20%                  |
| Thiamine 0%                         | Riboflavin 0%             |
| Niacin 0%                           | Folate 0%                 |

\* Based on a 2000 calorie diet

**Kinni-Kwik Bread & Bun Mix**

| <b>Nutrition Facts</b>                     |                         |
|--|-------------------------|
| Per 31g - about 15 servings per cointainer |                         |
| <b>Amount Per Serving</b>                  |                         |
| <b>Calories</b>                            | 110 Calories from Fat 9 |
| <b>% Daily Value*</b>                      |                         |
| <b>Total Fat</b>                           | 1.00 g <b>1%</b>        |
| Saturated/Saturé                           | 0.40g <b>2%</b>         |
| Trans                                      | 0 g                     |
| <b>Cholesterol</b>                         | 20mg <b>6%</b>          |
| <b>Sodium</b>                              | 240mg <b>10%</b>        |
| <b>Total Carbohydrates</b>                 | 24g <b>8%</b>           |
| Fiber                                      | 1g <b>4%</b>            |
| Sugars                                     | 3g                      |
| <b>Protein</b>                             | 3g                      |
| Vitamin A 0%                               | Vitamin C 0%            |
| Calcium 2%                                 | Iron 4%                 |
| Thiamine 0%                                | Riboflavin 0%           |
| Niacin 0%                                  | Folate 0%               |

\* Based on a 2000 calorie diet

Angel Food Cake Mix

| Nutrition Facts            |                         |
|----------------------------|-------------------------|
| Per 45g                    |                         |
| Amount Per Serving         |                         |
| <b>Calories</b>            | 170 Calories from Fat 0 |
| % Daily Value*             |                         |
| <b>Total Fat</b>           | 0.00 g <b>0%</b>        |
| Saturated/Saturé           | 0.00g <b>0%</b>         |
| Trans                      | 0 g                     |
| <b>Cholesterol</b>         | 0mg <b>0%</b>           |
| <b>Sodium</b>              | 50mg <b>2%</b>          |
| <b>Total Carbohydrates</b> | 42g <b>14%</b>          |
| Fiber                      | 0g <b>0%</b>            |
| Sugars                     | 33g                     |
| <b>Protein</b>             | 0g                      |
| Vitamin A 0%               | Vitamin C 0%            |
| Calcium 0%                 | Iron 0%                 |
| Thiamine 0%                | Riboflavin 0%           |
| Niacin 0%                  | Folate 0%               |

\* Based on a 2000 calorie diet

White Cake Mix

| Nutrition Facts                         |                         |
|---|-------------------------|
| Per 33g about 15 servings per container |                         |
| Amount Per Serving                      |                         |
| <b>Calories</b>                         | 120 Calories from Fat 0 |
| % Daily Value*                          |                         |
| <b>Total Fat</b>                        | 0.00 g <b>0%</b>        |
| Saturated/Saturé                        | 0.00g <b>0%</b>         |
| Trans                                   | 0 g                     |
| <b>Cholesterol</b>                      | 0mg <b>0%</b>           |
| <b>Sodium</b>                           | 320mg <b>13%</b>        |
| <b>Total Carbohydrates</b>              | 29g <b>9%</b>           |
| Fiber                                   | 1g <b>4%</b>            |
| Sugars                                  | 16g                     |
| <b>Protein</b>                          | 1g                      |
| Vitamin A 0%                            | Vitamin C 0%            |
| Calcium 2%                              | Iron 0%                 |
| Thiamine 0%                             | Riboflavin 0%           |
| Niacin 0%                               | Folate 0%               |

\* Based on a 2000 calorie diet

All Purpose Flour Blend

| Nutrition Facts                           |                           |
|---|---------------------------|
| Per 30g - about 15 servings per container |                           |
| Amount Per Serving                        |                           |
| <b>Calories</b>                           | 100 Calories from Fat 1.8 |
| % Daily Value*                            |                           |
| <b>Total Fat</b>                          | 0.20 g <b>0%</b>          |
| Saturated/Saturé                          | 0.00g <b>0%</b>           |
| Trans                                     | 0 g                       |
| <b>Cholesterol</b>                        | 0mg <b>0%</b>             |
| <b>Sodium</b>                             | 15mg <b>0%</b>            |
| <b>Total Carbohydrates</b>                | 25g <b>8%</b>             |
| Fiber                                     | 1g <b>4%</b>              |
| Sugars                                    | 0g                        |
| <b>Protein</b>                            | 1g                        |
| Vitamin A 0%                              | Vitamin C 0%              |
| Calcium 0%                                | Iron 2%                   |
| Thiamine 0%                               | Riboflavin 0%             |
| Niacin 0%                                 | Folate 0%                 |

\* Based on a 2000 calorie diet

Cinnamon and Brown Sugar Homestyle Waffles

| Nutrition Facts            |                            |
|----------------------------|----------------------------|
| Per 1 Waffle               |                            |
| Amount Per Serving         |                            |
| <b>Calories</b>            | 110 Calories from Fat 31.5 |
| % Daily Value*             |                            |
| <b>Total Fat</b>           | 3.50 g <b>5%</b>           |
| Saturated/Saturé           | 0.20g <b>1%</b>            |
| Trans                      | 0 g                        |
| <b>Cholesterol</b>         | 5mg <b>1%</b>              |
| <b>Sodium</b>              | 240mg <b>10%</b>           |
| <b>Total Carbohydrates</b> | 18g <b>6%</b>              |
| Fiber                      | 1g <b>4%</b>               |
| Sugars                     | 3g                         |
| <b>Protein</b>             | 1g                         |
| Vitamin A 0%               | Vitamin C 0%               |
| Calcium 6%                 | Iron 2%                    |
| Thiamine 0%                | Riboflavin 0%              |
| Niacin 0%                  | Folate 0%                  |

\* Based on a 2000 calorie diet

Original Homestyle Waffles

| Nutrition Facts            |                            |
|----------------------------|----------------------------|
| Per 1 Waffle               |                            |
| Amount Per Serving         |                            |
| <b>Calories</b>            | 110 Calories from Fat 31.5 |
| % Daily Value*             |                            |
| <b>Total Fat</b>           | 3.50 g <b>5%</b>           |
| Saturated/Saturé           | 0.40g <b>2%</b>            |
| Trans                      | 0 g                        |
| <b>Cholesterol</b>         | 10mg <b>3%</b>             |
| <b>Sodium</b>              | 210mg <b>8%</b>            |
| <b>Total Carbohydrates</b> | 19g <b>6%</b>              |
| Fiber                      | 1g <b>4%</b>               |
| Sugars                     | 3g                         |
| <b>Protein</b>             | 1g                         |
| Vitamin A 0%               | Vitamin C 0%               |
| Calcium 6%                 | Iron 0%                    |
| Thiamine 0%                | Riboflavin 0%              |
| Niacin 0%                  | Folate 0%                  |

\* Based on a 2000 calorie diet

KinniKrisp Rice Cereal

| Nutrition Facts            |                           |
|----------------------------|---------------------------|
| Per 1 cup                  |                           |
| Amount Per Serving         |                           |
| <b>Calories</b>            | 100 Calories from Fat 3.6 |
| % Daily Value*             |                           |
| <b>Total Fat</b>           | 0.40 g <b>0%</b>          |
| Saturated/Saturé           | 0.10g <b>0%</b>           |
| Trans                      | 0 g                       |
| <b>Cholesterol</b>         | 0mg <b>0%</b>             |
| <b>Sodium</b>              | 80mg <b>3%</b>            |
| <b>Total Carbohydrates</b> | 22g <b>7%</b>             |
| Fiber                      | 0g <b>0%</b>              |
| Sugars                     | 1g                        |
| <b>Protein</b>             | 2g                        |
| Vitamin A 0%               | Vitamin C 0%              |
| Calcium 2%                 | Iron 2%                   |
| Thiamine 0%                | Riboflavin 0%             |
| Niacin 0%                  | Folate 0%                 |

\* Based on a 2000 calorie diet

Panko Style Bread Crumbs

| Nutrition Facts  |                         |
|--|-------------------------|
| Per 30g  |                         |
| Amount Per Serving   |                         |
| <b>Calories</b>  | 110 Calories from Fat 9 |
| % Daily Value*   |                         |
| <b>Total Fat</b> 1.00 g  | <b>1%</b>               |
| Saturated/Saturé 0.40g   | <b>2%</b>               |
| Trans 0 g  |                         |
| <b>Cholesterol</b> 0mg   | <b>0%</b>               |
| <b>Sodium</b> 350mg  | <b>14%</b>              |
| <b>Total Carbohydrates</b> 24g   | <b>8%</b>               |
| Fiber 2g   | <b>8%</b>               |
| Sugars 0g  |                         |
| <b>Protein</b> 1g  |                         |
| Vitamin A 2%                      •                      Vitamin C 0%<br>Calcium 10%                     •                      Iron 2%<br>Thiamine 0%                      •                      Riboflavin 0%<br>Niacin 0%                         •                      Folate 0% |                         |
| * Based on a 2000 calorie diet   |                         |

Graham Style Cracker Crumbs

| Nutrition Facts   |                         |
|---|-------------------------|
| Per 125ml/1/2 Cup   |                         |
| Amount Per Serving  |                         |
| <b>Calories</b>   | 50 Calories from Fat 27 |
| % Daily Value*  |                         |
| <b>Total Fat</b> 3.00 g   | <b>4%</b>               |
| Saturated/Saturé 1.50g  | <b>7%</b>               |
| Trans 0 g   |                         |
| <b>Cholesterol</b> 0mg  | <b>0%</b>               |
| <b>Sodium</b> 70mg  | <b>2%</b>               |
| <b>Total Carbohydrates</b> 13g  | <b>4%</b>               |
| Fiber 0g  | <b>0%</b>               |
| Sugars 4g   |                         |
| <b>Protein</b> 0g   |                         |
| Vitamin A 0%                      •                      Vitamin C 0%<br>Calcium 2%                       •                      Iron 2%<br>Thiamine 2%                      •                      Riboflavin 0%<br>Niacin 2%                         •                      Folate 0% |                         |
| * Based on a 2000 calorie diet  |                         |

Bread Cubes

| Nutrition Facts   |                           |
|---|---------------------------|
| Per 100g/4.2oz dry  |                           |
| Amount Per Serving  |                           |
| <b>Calories</b>   | 60 Calories from Fat 13.5 |
| % Daily Value*  |                           |
| <b>Total Fat</b> 1.50 g   | <b>2%</b>                 |
| Saturated/Saturé 0.20g  | <b>1%</b>                 |
| Trans 0 g   |                           |
| <b>Cholesterol</b> 15mg   | <b>5%</b>                 |
| <b>Sodium</b> 150mg   | <b>6%</b>                 |
| <b>Total Carbohydrates</b> 10g  | <b>3%</b>                 |
| Fiber 1g  | <b>4%</b>                 |
| Sugars 2g   |                           |
| <b>Protein</b> 1g   |                           |
| Vitamin A 2%                      •                      Vitamin C 0%<br>Calcium 0%                       •                      Iron 5%<br>Thiamine 10%                     •                      Riboflavin 5%<br>Niacin 2%                         •                      Folate 2% |                           |
| * Based on a 2000 calorie diet  |                           |

Chocolate Cookie Crumbs

| Nutrition Facts   |                           |
|---|---------------------------|
| Per 100g/4oz Dry Mix  |                           |
| Amount Per Serving  |                           |
| <b>Calories</b>   | 380 Calories from Fat 180 |
| % Daily Value*  |                           |
| <b>Total Fat</b> 20.00 g  | <b>30%</b>                |
| Saturated/Saturé 15.00g   | <b>75%</b>                |
| Trans 0 g   |                           |
| <b>Cholesterol</b> 5mg  | <b>1%</b>                 |
| <b>Sodium</b> 1570mg  | <b>65%</b>                |
| <b>Total Carbohydrates</b> 91g  | <b>30%</b>                |
| Fiber 16g   | <b>64%</b>                |
| Sugars 22g  |                           |
| <b>Protein</b> 12g  |                           |
| Vitamin A 0%                      •                      Vitamin C 5%<br>Calcium 5%                       •                      Iron 120%<br>Thiamine 2%                      •                      Riboflavin 0%<br>Niacin 5%                         •                      Folate 5% |                           |
| * Based on a 2000 calorie diet  |                           |

Tapioca Rice Cinnamon Raisin Bagels

| Nutrition Facts   |                          |
|---|--------------------------|
| Per 1 Bagel   |                          |
| Amount Per Serving  |                          |
| <b>Calories</b>   | 220 Calories from Fat 54 |
| % Daily Value*  |                          |
| <b>Total Fat</b> 6.00 g   | <b>9%</b>                |
| Saturated/Saturé 2.00g  | <b>10%</b>               |
| Trans 0 g   |                          |
| <b>Cholesterol</b> 25mg   | <b>8%</b>                |
| <b>Sodium</b> 340mg   | <b>14%</b>               |
| <b>Total Carbohydrates</b> 51g  | <b>17%</b>               |
| Fiber 5g  | <b>20%</b>               |
| Sugars 19g  |                          |
| <b>Protein</b> 4g   |                          |
| Vitamin A 7%                      •                      Vitamin C 0%<br>Calcium 2%                       •                      Iron 15%<br>Thiamine 25%                     •                      Riboflavin 15%<br>Niacin 7%                         •                      Folate 5% |                          |
| * Based on a 2000 calorie diet  |                          |

Tapioca Rice New York Style Plain Bagels

| Nutrition Facts   |                          |
|---|--------------------------|
| Per 1 Bagel   |                          |
| Amount Per Serving  |                          |
| <b>Calories</b>   | 210 Calories from Fat 63 |
| % Daily Value*  |                          |
| <b>Total Fat</b> 7.00 g   | <b>10%</b>               |
| Saturated/Saturé 2.50g  | <b>12%</b>               |
| Trans 0 g   |                          |
| <b>Cholesterol</b> 35mg   | <b>11%</b>               |
| <b>Sodium</b> 430mg   | <b>17%</b>               |
| <b>Total Carbohydrates</b> 46g  | <b>15%</b>               |
| Fiber 3g  | <b>12%</b>               |
| Sugars 9g   |                          |
| <b>Protein</b> 4g   |                          |
| Vitamin A 15%                     •                      Vitamin C 0%<br>Calcium 2%                       •                      Iron 15%<br>Thiamine 30%                     •                      Riboflavin 20%<br>Niacin 7%                         •                      Folate 7% |                          |
| * Based on a 2000 calorie diet  |                          |

Tapioca Rice Sesame Bagels

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Bagel                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 210            | Calories from Fat 63 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 7.00 g        | <b>10%</b>           |
| Saturated/Saturé 2.50g         | <b>12%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 30mg        | <b>10%</b>           |
| <b>Sodium</b> 390mg            | <b>16%</b>           |
| <b>Total Carbohydrates</b> 49g | <b>16%</b>           |
| Fiber 5g                       | <b>20%</b>           |
| Sugars 12g                     |                      |
| <b>Protein</b> 4g              |                      |
| Vitamin A 15%                  | Vitamin C 0%         |
| Calcium 5%                     | Iron 45%             |
| Thiamine 70%                   | Riboflavin 40%       |
| Niacin 15%                     | Folate 15%           |

\* Based on a 2000 calorie diet

KinniToos Fudge Sandwich Creme Cookies

| Nutrition Facts               |                        |
|-------------------------------|------------------------|
| Per 1 Cookie                  |                        |
| Amount Per Serving            |                        |
| <b>Calories</b> 60            | Calories from Fat 22.5 |
| % Daily Value*                |                        |
| <b>Total Fat</b> 2.50 g       | <b>3%</b>              |
| Saturated/Saturé 1.00g        | <b>5%</b>              |
| Trans 0 g                     |                        |
| <b>Cholesterol</b> 0mg        | <b>0%</b>              |
| <b>Sodium</b> 50mg            | <b>2%</b>              |
| <b>Total Carbohydrates</b> 9g | <b>3%</b>              |
| Fiber 1g                      | <b>4%</b>              |
| Sugars 4g                     |                        |
| <b>Protein</b> 0g             |                        |
| Vitamin A 0%                  | Vitamin C 0%           |
| Calcium 0%                    | Iron 4%                |
| Thiamine 0%                   | Riboflavin 0%          |
| Niacin 0%                     | Folate 0%              |

\* Based on a 2000 calorie diet

Chocolate KinniKritter Animal Cookies

| Nutrition Facts                |                        |
|--------------------------------|------------------------|
| Per 8 Cookies                  |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 60             | Calories from Fat 22.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 2.50 g        | <b>3%</b>              |
| Saturated/Saturé 1.00g         | <b>5%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 0mg         | <b>0%</b>              |
| <b>Sodium</b> 55mg             | <b>2%</b>              |
| <b>Total Carbohydrates</b> 14g | <b>4%</b>              |
| Fiber 0g                       | <b>0%</b>              |
| Sugars 6g                      |                        |
| <b>Protein</b> 0g              |                        |
| Vitamin A 0%                   | Vitamin C 0%           |
| Calcium 0%                     | Iron 0%                |
| Thiamine 0%                    | Riboflavin 0%          |
| Niacin 0%                      | Folate 0%              |

\* Based on a 2000 calorie diet

Graham Style KinniKritter Animal Cookies

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 8 cookies                  |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 60             | Calories from Fat 27 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 3.00 g        | <b>4%</b>            |
| Saturated/Saturé 1.50g         | <b>7%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 0mg         | <b>0%</b>            |
| <b>Sodium</b> 75mg             | <b>3%</b>            |
| <b>Total Carbohydrates</b> 13g | <b>4%</b>            |
| Fiber 1g                       | <b>4%</b>            |
| Sugars 4g                      |                      |
| <b>Protein</b> 0g              |                      |
| Vitamin A 0%                   | Vitamin C 0%         |
| Calcium 0%                     | Iron 0%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 2%                      | Folate 0%            |

\* Based on a 2000 calorie diet

S'moreables Graham Style Crackers

| Nutrition Facts               |                      |
|-------------------------------|----------------------|
| Per 1 Cookie                  |                      |
| Amount Per Serving            |                      |
| <b>Calories</b> 60            | Calories from Fat 18 |
| % Daily Value*                |                      |
| <b>Total Fat</b> 2.00 g       | <b>3%</b>            |
| Saturated/Saturé 0.50g        | <b>2%</b>            |
| Trans 0 g                     |                      |
| <b>Cholesterol</b> 0mg        | <b>0%</b>            |
| <b>Sodium</b> 60mg            | <b>2%</b>            |
| <b>Total Carbohydrates</b> 9g | <b>3%</b>            |
| Fiber 0g                      | <b>0%</b>            |
| Sugars 2g                     |                      |
| <b>Protein</b> 0g             |                      |
| Vitamin A 0%                  | Vitamin C 0%         |
| Calcium 0%                    | Iron 0%              |
| Thiamine 0%                   | Riboflavin 0%        |
| Niacin 0%                     | Folate 0%            |

\* Based on a 2000 calorie diet

KinniKritters Animal Cookies

| Nutrition Facts                |                        |
|--------------------------------|------------------------|
| Per 8 cookies                  |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 90             | Calories from Fat 13.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 1.50 g        | <b>2%</b>              |
| Saturated/Saturé 1.00g         | <b>5%</b>              |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 0mg         | <b>0%</b>              |
| <b>Sodium</b> 25mg             | <b>1%</b>              |
| <b>Total Carbohydrates</b> 17g | <b>5%</b>              |
| Fiber 1g                       | <b>4%</b>              |
| Sugars 2g                      |                        |
| <b>Protein</b> 1g              |                        |
| Vitamin A 0%                   | Vitamin C 0%           |
| Calcium 2%                     | Iron 2%                |
| Thiamine 0%                    | Riboflavin 0%          |
| Niacin 0%                      | Folate 0%              |

\* Based on a 2000 calorie diet

**KinniToos Chocolate Vanilla Sandwich Cookies**

| <b>Nutrition Facts</b>                    |               |
|---|---------------|
| Per 1 Cookie                              |               |
| <b>Amount Per Serving</b>                 |               |
| <b>Calories</b> 60 Calories from Fat 22.5 |               |
| % Daily Value*                            |               |
| <b>Total Fat</b> 2.50 g                   | <b>3%</b>     |
| Saturated/Saturé 1.00g                    | <b>5%</b>     |
| Trans 0 g                                 |               |
| <b>Cholesterol</b> 0mg                    | <b>0%</b>     |
| <b>Sodium</b> 50mg                        | <b>2%</b>     |
| <b>Total Carbohydrates</b> 9g             | <b>3%</b>     |
| Fiber 1g                                  | <b>4%</b>     |
| Sugars 4g                                 |               |
| <b>Protein</b> 0g                         |               |
| Vitamin A 0%                              | Vitamin C 0%  |
| Calcium 2%                                | Iron 0%       |
| Thiamine 0%                               | Riboflavin 0% |
| Niacin 0%                                 | Folate 0%     |

\* Based on a 2000 calorie diet

**Montanas Chocolate Chip Cookies**

| <b>Nutrition Facts</b>                    |               |
|---|---------------|
| Per 1 Cookie                              |               |
| <b>Amount Per Serving</b>                 |               |
| <b>Calories</b> 36 Calories from Fat 13.5 |               |
| % Daily Value*                            |               |
| <b>Total Fat</b> 1.50 g                   | <b>2%</b>     |
| Saturated/Saturé 0.80g                    | <b>4%</b>     |
| Trans 0 g                                 |               |
| <b>Cholesterol</b> 0mg                    | <b>0%</b>     |
| <b>Sodium</b> 90mg                        | <b>3%</b>     |
| <b>Total Carbohydrates</b> 6g             | <b>2%</b>     |
| Fiber 0g                                  | <b>0%</b>     |
| Sugars 3g                                 |               |
| <b>Protein</b> 0g                         |               |
| Vitamin A 0%                              | Vitamin C 0%  |
| Calcium 0%                                | Iron 4%       |
| Thiamine 0%                               | Riboflavin 0% |
| Niacin 0%                                 | Folate 0%     |

\* Based on a 2000 calorie diet

**KinniToos Vanilla Sandwich Creme Cookies**

| <b>Nutrition Facts</b>                    |               |
|---|---------------|
| Per 1 Cookie                              |               |
| <b>Amount Per Serving</b>                 |               |
| <b>Calories</b> 60 Calories from Fat 22.5 |               |
| % Daily Value*                            |               |
| <b>Total Fat</b> 2.50 g                   | <b>3%</b>     |
| Saturated/Saturé 1.00g                    | <b>5%</b>     |
| Trans 0 g                                 |               |
| <b>Cholesterol</b> 0mg                    | <b>0%</b>     |
| <b>Sodium</b> 55mg                        | <b>2%</b>     |
| <b>Total Carbohydrates</b> 10g            | <b>3%</b>     |
| Fiber 1g                                  | <b>4%</b>     |
| Sugars 3g                                 |               |
| <b>Protein</b> 0g                         |               |
| Vitamin A 0%                              | Vitamin C 0%  |
| Calcium 0%                                | Iron 2%       |
| Thiamine 0%                               | Riboflavin 0% |
| Niacin 0%                                 | Folate 0%     |

\* Based on a 2000 calorie diet

**Ginger Snap Cookies**

| <b>Nutrition Facts</b>                 |               |
|--|---------------|
| Per 1 Cookie                           |               |
| <b>Amount Per Serving</b>              |               |
| <b>Calories</b> 40 Calories from Fat 9 |               |
| % Daily Value*                         |               |
| <b>Total Fat</b> 1.00 g                | <b>1%</b>     |
| Saturated/Saturé 0.50g                 | <b>2%</b>     |
| Trans 0 g                              |               |
| <b>Cholesterol</b> 0mg                 | <b>0%</b>     |
| <b>Sodium</b> 50mg                     | <b>2%</b>     |
| <b>Total Carbohydrates</b> 7g          | <b>2%</b>     |
| Fiber 0g                               | <b>0%</b>     |
| Sugars 2g                              |               |
| <b>Protein</b> 0g                      |               |
| Vitamin A 0%                           | Vitamin C 0%  |
| Calcium 0%                             | Iron 2%       |
| Thiamine 0%                            | Riboflavin 0% |
| Niacin 0%                              | Folate 0%     |

\* Based on a 2000 calorie diet

**Tapioca Rice Cinnamon Buns**

| <b>Nutrition Facts</b>                   |               |
|--|---------------|
| Per 1 Bun                                |               |
| <b>Amount Per Serving</b>                |               |
| <b>Calories</b> 180 Calories from Fat 54 |               |
| % Daily Value*                           |               |
| <b>Total Fat</b> 6.00 g                  | <b>9%</b>     |
| Saturated/Saturé 0.50g                   | <b>2%</b>     |
| Trans 0 g                                |               |
| <b>Cholesterol</b> 60mg                  | <b>20%</b>    |
| <b>Sodium</b> 340mg                      | <b>14%</b>    |
| <b>Total Carbohydrates</b> 41g           | <b>13%</b>    |
| Fiber 6g                                 | <b>24%</b>    |
| Sugars 15g                               |               |
| <b>Protein</b> 4g                        |               |
| Vitamin A 10%                            | Vitamin C 0%  |
| Calcium 2%                               | Iron 2%       |
| Thiamine 2%                              | Riboflavin 5% |
| Niacin 2%                                | Folate 5%     |

\* Based on a 2000 calorie diet

**Pie Crust**

| <b>Nutrition Facts</b>                   |               |
|--|---------------|
| Per 24 g slice                           |               |
| <b>Amount Per Serving</b>                |               |
| <b>Calories</b> 100 Calories from Fat 54 |               |
| % Daily Value*                           |               |
| <b>Total Fat</b> 6.00 g                  | <b>9%</b>     |
| Saturated/Saturé 3.00g                   | <b>15%</b>    |
| Trans 0 g                                |               |
| <b>Cholesterol</b> 10mg                  | <b>3%</b>     |
| <b>Sodium</b> 125mg                      | <b>5%</b>     |
| <b>Total Carbohydrates</b> 11g           | <b>3%</b>     |
| Fiber 0g                                 | <b>0%</b>     |
| Sugars 0g                                |               |
| <b>Protein</b> 1g                        |               |
| Vitamin A 0%                             | Vitamin C 2%  |
| Calcium 0%                               | Iron 2%       |
| Thiamine 0%                              | Riboflavin 0% |
| Niacin 0%                                | Folate 0%     |

\* Based on a 2000 calorie diet

JB Brownie Squares

Fruit Cake

Vanilla Glazed Donuts

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Piece                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 160            | Calories from Fat 90 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 10.00 g       | <b>15%</b>           |
| Saturated/Saturé 4.00g         | <b>20%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 50mg        | <b>16%</b>           |
| <b>Sodium</b> 140mg            | <b>5%</b>            |
| <b>Total Carbohydrates</b> 34g | <b>11%</b>           |
| Fiber 1g                       | <b>4%</b>            |
| Sugars 20g                     |                      |
| <b>Protein</b> 2g              |                      |
| Vitamin A 15%                  | Vitamin C 0%         |
| Calcium 2%                     | Iron 2%              |
| Thiamine 2%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 2%            |

\* Based on a 2000 calorie diet

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Slice                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 90             | Calories from Fat 27 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 3.00 g        | <b>4%</b>            |
| Saturated/Saturé 1.50g         | <b>7%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 15mg        | <b>5%</b>            |
| <b>Sodium</b> 35mg             | <b>1%</b>            |
| <b>Total Carbohydrates</b> 21g | <b>7%</b>            |
| Fiber 1g                       | <b>4%</b>            |
| Sugars 12g                     |                      |
| <b>Protein</b> 1g              |                      |
| Vitamin A 5%                   | Vitamin C 2%         |
| Calcium 2%                     | Iron 2%              |
| Thiamine 2%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Donut                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 212            | Calories from Fat 45 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 5.00 g        | <b>7%</b>            |
| Saturated/Saturé 2.50g         | <b>12%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 5mg         | <b>1%</b>            |
| <b>Sodium</b> 230mg            | <b>9%</b>            |
| <b>Total Carbohydrates</b> 39g | <b>13%</b>           |
| Fiber 1g                       | <b>4%</b>            |
| Sugars 17g                     |                      |
| <b>Protein</b> 3g              |                      |
| Vitamin A 0%                   | Vitamin C 0%         |
| Calcium 4%                     | Iron 2%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet

Pumpkin Spice Donut

Maple Glazed Donuts

Chocolate Dipped Donuts

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Donut                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 220            | Calories from Fat 45 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 5.00 g        | <b>7%</b>            |
| Saturated/Saturé 3.50g         | <b>17%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 0mg         | <b>0%</b>            |
| <b>Sodium</b> 190mg            | <b>7%</b>            |
| <b>Total Carbohydrates</b> 45g | <b>15%</b>           |
| Fiber 2g                       | <b>8%</b>            |
| Sugars 18g                     |                      |
| <b>Protein</b> 2g              |                      |
| Vitamin A 2%                   | Vitamin C 0%         |
| Calcium 4%                     | Iron 2%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Donut                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 220            | Calories from Fat 54 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 6.00 g        | <b>9%</b>            |
| Saturated/Saturé 3.50g         | <b>17%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 0mg         | <b>0%</b>            |
| <b>Sodium</b> 190mg            | <b>7%</b>            |
| <b>Total Carbohydrates</b> 41g | <b>13%</b>           |
| Fiber 1g                       | <b>4%</b>            |
| Sugars 20g                     |                      |
| <b>Protein</b> 2g              |                      |
| Vitamin A 2%                   | Vitamin C 0%         |
| Calcium 2%                     | Iron 2%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Donut                    |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 220            | Calories from Fat 54 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 6.00 g        | <b>9%</b>            |
| Saturated/Saturé 3.00g         | <b>15%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 0mg         | <b>0%</b>            |
| <b>Sodium</b> 200mg            | <b>8%</b>            |
| <b>Total Carbohydrates</b> 41g | <b>13%</b>           |
| Fiber 2g                       | <b>8%</b>            |
| Sugars 19g                     |                      |
| <b>Protein</b> 2g              |                      |
| Vitamin A 2%                   | Vitamin C 0%         |
| Calcium 2%                     | Iron 4%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet

Cinnamon Sugar Donuts

| Nutrition Facts                |                        |
|--------------------------------|------------------------|
| Per 1 Donut                    |                        |
| Amount Per Serving             |                        |
| <b>Calories</b> 170            | Calories from Fat 40.5 |
| % Daily Value*                 |                        |
| <b>Total Fat</b> 4.50 g        | <b>6%</b>              |
| Saturated/Saturé 2.50g         | <b>12%</b>             |
| Trans 0 g                      |                        |
| <b>Cholesterol</b> 5mg         | <b>1%</b>              |
| <b>Sodium</b> 230mg            | <b>9%</b>              |
| <b>Total Carbohydrates</b> 30g | <b>10%</b>             |
| Fiber 1g                       | <b>4%</b>              |
| Sugars 11g                     |                        |
| <b>Protein</b> 2g              |                        |
| Vitamin A 0%                   | Vitamin C 0%           |
| Calcium 4%                     | Iron 2%                |
| Thiamine 0%                    | Riboflavin 0%          |
| Niacin 0%                      | Folate 0%              |

\* Based on a 2000 calorie diet

Blueberry Muffins

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Muffin                   |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 190            | Calories from Fat 63 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 7.00 g        | <b>10%</b>           |
| Saturated/Saturé 2.00g         | <b>10%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 10mg        | <b>3%</b>            |
| <b>Sodium</b> 320mg            | <b>13%</b>           |
| <b>Total Carbohydrates</b> 32g | <b>10%</b>           |
| Fiber 3g                       | <b>12%</b>           |
| Sugars 18g                     |                      |
| <b>Protein</b> 1g              |                      |
| Vitamin A 15%                  | Vitamin C 0%         |
| Calcium 2%                     | Iron 2%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet

Carrot Muffins

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Muffin                   |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 170            | Calories from Fat 54 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 6.00 g        | <b>9%</b>            |
| Saturated/Saturé 1.00g         | <b>5%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 15mg        | <b>5%</b>            |
| <b>Sodium</b> 300mg            | <b>12%</b>           |
| <b>Total Carbohydrates</b> 27g | <b>9%</b>            |
| Fiber 3g                       | <b>12%</b>           |
| Sugars 13g                     |                      |
| <b>Protein</b> 2g              |                      |
| Vitamin A 20%                  | Vitamin C 0%         |
| Calcium 2%                     | Iron 4%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet

Chocolate Chip Muffins

| Nutrition Facts                |                      |
|--------------------------------|----------------------|
| Per 1 Muffin                   |                      |
| Amount Per Serving             |                      |
| <b>Calories</b> 170            | Calories from Fat 81 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 9.00 g        | <b>13%</b>           |
| Saturated/Saturé 2.00g         | <b>10%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 20mg        | <b>6%</b>            |
| <b>Sodium</b> 170mg            | <b>7%</b>            |
| <b>Total Carbohydrates</b> 28g | <b>9%</b>            |
| Fiber 2g                       | <b>8%</b>            |
| Sugars 15g                     |                      |
| <b>Protein</b> 1g              |                      |
| Vitamin A 5%                   | Vitamin C 0%         |
| Calcium 2%                     | Iron 2%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 2%                      | Folate 2%            |

\* Based on a 2000 calorie diet

Lemon Poppy Seed Jumbo Muffin

| Nutrition Facts                |                       |
|--------------------------------|-----------------------|
| Per 1 Muffin                   |                       |
| Amount Per Serving             |                       |
| <b>Calories</b> 470            | Calories from Fat 243 |
| % Daily Value*                 |                       |
| <b>Total Fat</b> 27.00 g       | <b>41%</b>            |
| Saturated/Saturé 3.50g         | <b>17%</b>            |
| Trans 0 g                      |                       |
| <b>Cholesterol</b> 90mg        | <b>30%</b>            |
| <b>Sodium</b> 420mg            | <b>17%</b>            |
| <b>Total Carbohydrates</b> 53g | <b>17%</b>            |
| Fiber 1g                       | <b>4%</b>             |
| Sugars 22g                     |                       |
| <b>Protein</b> 4g              |                       |
| Vitamin A 30%                  | Vitamin C 0%          |
| Calcium 5%                     | Iron 2%               |
| Thiamine 0%                    | Riboflavin 0%         |
| Niacin 0%                      | Folate 2%             |

\* Based on a 2000 calorie diet

Harvest Crunch Jumbo Muffin

| Nutrition Facts                |                       |
|--------------------------------|-----------------------|
| Per 1 Muffin                   |                       |
| Amount Per Serving             |                       |
| <b>Calories</b> 490            | Calories from Fat 261 |
| % Daily Value*                 |                       |
| <b>Total Fat</b> 29.00 g       | <b>44%</b>            |
| Saturated/Saturé 3.50g         | <b>17%</b>            |
| Trans 0 g                      |                       |
| <b>Cholesterol</b> 85mg        | <b>28%</b>            |
| <b>Sodium</b> 400mg            | <b>16%</b>            |
| <b>Total Carbohydrates</b> 53g | <b>17%</b>            |
| Fiber 2g                       | <b>8%</b>             |
| Sugars 19g                     |                       |
| <b>Protein</b> 6g              |                       |
| Vitamin A 30%                  | Vitamin C 2%          |
| Calcium 2%                     | Iron 5%               |
| Thiamine 10%                   | Riboflavin 2%         |
| Niacin 2%                      | Folate 7%             |

\* Based on a 2000 calorie diet

**Chocolate Lovers Jumbo Muffin**

**Personal Size Pizza Crust**

**Personal Size Thin Crusts**

| <b>Nutrition Facts</b>         |                       |
|--------------------------------|-----------------------|
| Per 1 Muffin                   |                       |
| <b>Amount Per Serving</b>      |                       |
| <b>Calories</b> 460            | Calories from Fat 234 |
| % Daily Value*                 |                       |
| <b>Total Fat</b> 26.00 g       | <b>40%</b>            |
| Saturated/Saturé 4.50g         | <b>22%</b>            |
| Trans 0 g                      |                       |
| <b>Cholesterol</b> 80mg        | <b>26%</b>            |
| <b>Sodium</b> 350mg            | <b>14%</b>            |
| <b>Total Carbohydrates</b> 50g | <b>16%</b>            |
| Fiber 2g                       | <b>8%</b>             |
| Sugars 24g                     |                       |
| <b>Protein</b> 4g              |                       |
| Vitamin A 25%                  | Vitamin C 0%          |
| Calcium 2%                     | Iron 5%               |
| Thiamine 0%                    | Riboflavin 0%         |
| Niacin 0%                      | Folate 2%             |

\* Based on a 2000 calorie diet

| <b>Nutrition Facts</b>         |                      |
|--------------------------------|----------------------|
| Per 1/2 Crust (67g)            |                      |
| <b>Amount Per Serving</b>      |                      |
| <b>Calories</b> 248            | Calories from Fat 63 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 7.00 g        | <b>10%</b>           |
| Saturated/Saturé 1.00g         | <b>5%</b>            |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 26mg        | <b>8%</b>            |
| <b>Sodium</b> 180mg            | <b>7%</b>            |
| <b>Total Carbohydrates</b> 41g | <b>13%</b>           |
| Fiber 5g                       | <b>20%</b>           |
| Sugars 4g                      |                      |
| <b>Protein</b> 4g              |                      |
| Vitamin A 3%                   | Vitamin C 0%         |
| Calcium 0%                     | Iron 6%              |
| Thiamine 3%                    | Riboflavin 2%        |
| Niacin 2%                      | Folate 20%           |

\* Based on a 2000 calorie diet

| <b>Nutrition Facts</b>         |                      |
|--------------------------------|----------------------|
| Per 1 crust                    |                      |
| <b>Amount Per Serving</b>      |                      |
| <b>Calories</b> 220            | Calories from Fat 45 |
| % Daily Value*                 |                      |
| <b>Total Fat</b> 5.00 g        | <b>7%</b>            |
| Saturated/Saturé 2.50g         | <b>12%</b>           |
| Trans 0 g                      |                      |
| <b>Cholesterol</b> 40mg        | <b>13%</b>           |
| <b>Sodium</b> 400mg            | <b>16%</b>           |
| <b>Total Carbohydrates</b> 39g | <b>13%</b>           |
| Fiber 4g                       | <b>16%</b>           |
| Sugars 2g                      |                      |
| <b>Protein</b> 3g              |                      |
| Vitamin A 2%                   | Vitamin C 0%         |
| Calcium 4%                     | Iron 4%              |
| Thiamine 0%                    | Riboflavin 0%        |
| Niacin 0%                      | Folate 0%            |

\* Based on a 2000 calorie diet