

Type of Wheat			Nutrition Information										Allergens					
100% Whole Wheat	White	Breads	Serving Size	Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbohydrates	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
X		Honey Whole Wheat	1 slice 2 oz (56 g)	120	0 g 1% DV	0 g 0% DV	0mg 0% DV	350mg 15% DV	24g 8% DV	3g 14% DV	7 g	5 g	X	X				
	X	Harvest White	1 slice 2 oz (56 g)	130	0 g 0% DV	0 g 0% DV	0 mg 0% DV	440 mg 18% DV	27g 9% DV	1 g 4% DV	5 g	3 g	X	X				
X		Dakota	1 slice 2 oz (56 g)	130	2.5 g 3% DV	0 g 1% DV	0 mg 0% DV	250 mg 10% DV	23 g 8% DV	4 g 15% DV	5 g	5 g	X	X				
X		Nine Grain	1 slice 2 oz (56 g)	120	0 g 1% DV	0 g 0% DV	0 mg 0% DV	320 mg 13% DV	23 g 8% DV	4 g 14% DV	6 g	5g	X	X			X	
X		High Five Fiber	1 slice 2 oz (56 g)	180	4.5 g 7% DV	0 g 0% DV	0 mg 0% DV	340 mg 14% DV	30 g 10% DV	6 g 24% DV	7 g	7 g	X	X				
	X	Pumpkin Chocolate Chip	1 slice 2 oz (56 g)	180	8 g 12% DV	3 g 15% DV	35 mg 12% DV	135 mg 6% DV	26 g 9% DV	1 g 4% DV	16 g	2 g	X	X			X	X
	X	Raspberry Blueberry	1 slice 2 oz (56 g)	150	5 g 8% DV	2.5 g 13% DV	40 mg 13% DV	140 mg 6% DV	25 g 8% DV	1 g 4% DV	11 g	3 g	X	X				X
	X	Peach Cobbler	1 slice 2 oz (56 g)	190	8 g 12% DV	2 g 10% DV	20 mg 7% DV	95 mg 4% DV	28 g 9% DV	1 g 4% DV	16 g	2 g	X	X			X	X
	X	Potato Cheddar Chive	1 slice 2 oz (56 g)	140	2 g 3% DV	1 g 5% DV	10 mg 3% DV	310 mg 13% DV	26 g 9% DV	1 g 4% DV	4 g	5 g	X	X				X
	X	Garlic Cheddar	1 slice 2 oz (56 g)	140	3 g 4% DV	1.5 g 8% DV	10 mg 3% DV	420 mg 18% DV	24 g 8% DV	1 g 3% DV	5 g	5 g	X	X				X
	X	Jalapeno Cheddar	1 slice 2 oz (56 g)	140	1 g 2% DV	0.5 g 3% DV	5 mg 2% DV	280 mg 12% DV	26 g 9% DV	1 g 4% DV	1 g	5 g	X	X				X
	X	Cinnamon Swirl	1 slice 2 oz (56 g)	150	2 g 3% DV	1 g 5% DV	5 mg 2% DV	310 mg 13% DV	28 g 9% DV	4 g 16% DV	11 g	5 g	X	X				X
	X	Cinnaburst	1 slice 2 oz (56 g)		2 g 3% DV	.5 g 4% DV	5 mg 1% DV	240 mg 10% DV	28 g 9% DV	1 g 4% DV	5 g	3 g	X	X				
X		Raisin Walnut Cinnamon	1 slice 2 oz (56 g)	140	2g 3% DV	0g 0% DV	0mg 0% DV	260 mg 11% DV	27 g 9% DV	2 g 8% DV	6 g	4g	X	X	Walnuts			
X	X	Challah	1 slice 2 oz (56 g)	130	0.5 g 1% DV	0 g 1% DV	15 mg 5% DV	270 mg 11% DV	26 g 9% DV	2 g 9% DV	5 g	5 g	X	X				
	X	Honey Butter Dinner Rolls	1 roll 2.5 oz (76 g)	170	4 g 6% DV	2.5 g 13% DV	20 mg 7% DV	460 mg 19% DV	31 g 10% DV	1 g 4% DV	11 g	4 g	X	X				X

100% Whole Wheat	White		Serving Size	Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
Muffins																	
X		Oat Blueberry Raspberry Muffins	1/2 Muffin 3 oz (85 g)	200	6 g 9% DV	0 mg 0% DV	240 mg 10% DV	33 g 11% DV	4 g 15% DV	16 g	5 g	X	X				
X		Oat Blueberry Muffins	1/2 Muffin 3 oz (85 g)	190	6 g 9% DV	0 mg 0% DV	230 mg 10% DV	33 g 11% DV	4 g 15% DV	16 g	5 g	X	X				
X		Oat Raspberry Muffins	1/2 Muffin 3 oz (85 g)	200	6 g 9% DV	0 mg 0% DV	240 mg 10% DV	34 g 11% DV	4 g 15% DV	16 g	5 g	X	X				
	X	Pumpkin Chocolate Chip	1/2 Muffin 3 oz (85 g)	280	13 g 21% DV	30 mg 10% DV	190 mg 8% DV	38 g 13% DV	2 g 7% DV	23 g	3 g	X	X			X	X

100% Whole Wheat	White		Serving Size	Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
Cookies																	
X		Great Harvest Original	1/2 Cookie 2 oz (56 g)	250	13 g 20% DV	30 mg 9% DV	120 mg 5% DV	31 g 10% DV	2 g 10% DV	19 g	4 g	X	X	walnuts		X	X
X		Oatmeal Chocolate Chip	1/2 Cookie 2 oz (54 g)	230	11 g 17% DV	30 mg 9% DV	120 mg 5% DV	31 g 10% DV	2 g 9% DV	20 g	3 g	X	X			X	X
X		Scotchies	1/2 Cookie 2 oz (56 g)	240	12 g 18% DV	30 mg 9% DV	130 mg 5% DV	33 g 11% DV	2 g 8% DV	21 g	3 g	X	X			X	X

100% Whole Wheat	White		Serving Size	Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
Scuffins																	
	X	Blueberry Raspberry Cream Cheese Scuffin	1/2 Scuffin 3 oz (85 g)	270	11 g 17% DV	45 mg 15% DV	280 mg 12% DV	39 g 13% DV	1 g 4% DV	16 g	4 g	X	X				X
	X	Blueberry Cream Cheese Scuffin	1/2 Scuffin 3 oz (85 g)	270	11 g 17% DV	45 mg 15% DV	280 mg 12% DV	38 g 13% DV	1 g 4% DV	16 g	4 g	X	X				X
	X	Raspberry Cream Cheese Scuffin	1/2 Scuffin 3 oz (85 g)	280	12 g 18% DV	45 mg 16% DV	300 mg 12% DV	41 g 14% DV	1 g 4% DV	17 g	5 g	X	X				X
X		Cinnamon Chip Scuffin	1/2 Scuffin 3 oz (85 g)	320	15 g 23% DV	45 mg 15% DV	270 mg 11% DV	42 g 14% DV	3 g 12% DV	21 g	6 g	X	X			X	X

100% Whole Wheat	White		Serving Size	Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
Bars, Biscotti, Coffecake, Etc.																	
X		Cosmic Brownies	1/2 Brownie 3 oz (85 g)	370	22 g 34% DV	80 mg 27% DV	55 mg 2% DV	41 g 14% DV	3 g 12% DV	28 g	6 g	X	X	walnuts		X	X
X		Blueberry Raspberry Savannah Bars	1/2 Bar 3 oz (85 g)	250	8 g 13% DV	25 mg 9% DV	105 mg 4% DV	41 g 14% DV	3 g 13% DV	26 g	4 g	X	X	coconut			X
X		Blueberry Savannah Bars	1/2 Bar 3 oz (85 g)	240	8 g 13% DV	25 mg 8% DV	100 mg 4% DV	40 g 13% DV	3 g 13% DV	26 g	4 g	X	X	coconut			X
X		Raspberry Savannah Bars	1/2 Bar 3 oz (85 g)	240	8 g 13% DV	25 mg 8% DV	100 mg 4% DV	40 g 13% DV	3 g 13% DV	26 g	4 g	X	X	coconut			X