

100% Whole Wheat	White		Serving Size	Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
<b>Muffins</b>																		
X		Raspberry Bran	1 Muffin 235 g	460	13g 20% DV	2g 10% DV	40mg 13% DV	200mg 8% DV	87g 29% DV	11g 44% DV	43g 13g	13g	X	X				X
X		Blueberry Bran	1 Muffin 235 g	470	13g 20% DV	2g 10% DV	40mg 13% DV	200mg 8% DV	89g 30% DV	11g 40% DV	45g 12g	12g	X	X				X
X		Blackberry Bran	1 Muffin 235 g	480	13g 20% DV	2g 10% DV	40mg 13% DV	200mg 8% DV	91g 30% DV	12g 48% DV	46g 13g	13g	X	X				X
	X	Pumpkin Chocolate Chip	1 Muffin 122 g	400	19g 30% DV	3.5g 17% DV	45 mg 15% DV	270 mg 11% DV	55 g 18% DV	2 g 10% DV	33 g 5 g	5 g	X	X				X
X	X	Cappuccino Chocolate Chip	1 Muffin 202 g	730	41g 63% DV	24 g 120% DV	245 mg 82% DV	290 mg 12% DV	81 g 27% DV	4 g 16% DV	49 g 13 g	13 g	X	X				X
	X	Almond Chocolate Chip	1/2 Muffin 147 g	540	27 g 42% DV	10 g 50% DV	60 mg 20% DV	230 mg 10% DV	73 g 24% DV	4 g 18% DV	44 g 8 g	8 g	X	X	Almonds			X

100% Whole Wheat	White		Serving Size	Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
<b>Cookies</b>																		
X		Oatmeal Chocolate Chip	1 Cookie 107 g	470	22g 34% DV	13g 65% DV	55 mg 19% DV	240 mg 10% DV	63 g 21% DV	5 g 18% DV	39 g 18% DV	7 g	X	X				X
X		Oatmeal Raisin	1 Cookie 113 g	440	18 g 28% DV	11g 54% DV	55mg 19% DV	240mg 10% DV	65g 22% DV	4g 17% DV	40g 17% DV	7g	X	X				X
	X	Snickerdoodle	1 cookie 99 g	420	18 g 27% DV	11 g 55% DV	70 mg 24% DV	180 mg 8% DV	62 g 21% DV	1 g 5% DV	34 g 5% DV	5g	X	X				X
	X	Ginger Snap	1 cookie	430	19 g 30% DV	1.5 g 8% DV	30 mg 10% DV	450 mg 19% DV	60 g 20% DV	1 g 5% DV	27 g 5% DV	5 g	X	X				
X		Peanut Butter Chocolate Chip Cookie	1 cookie 99 g	460	26 g 40% DV	11 g 55% DV	55 mg 18% DV	380 mg 16% DV	50 g 17% DV	4 g 16% DV	33 g 16% DV	10 g	X	X			X	X
X		Craisin Chocolate Chip Pecan	1 cookie 121 g	530	26 g 40% DV	13 g 66% DV	55 mg 19% DV	240 mg 10% DV	70g 23% DV	6g 22% DV	46g 22% DV	7g	X	X	Pecans			X

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<b>Scones</b>																		
	X	Raspberry White Chocolate Chip	1/2 scone 105 g	320	13 g 21% DV	8 g 40% DV	35 mg 11% DV	310 mg 13% DV	45 g 15% DV	1 g 5% DV	21 g 5 g	5 g	X	X				X
	X	Blackberry White Chocolate Chip	1/2 scone 109 g	320	13 g 21% DV	8 g 40% DV	35 mg 11% DV	310 mg 13% DV	47 g 16% DV	2 g 8% DV	22 g 5 g	5g	X	X				X
	X	Blueberry White Chocolate chip	1/2 scone	320	13 g 21% DV	8g 40% DV	35 mg 11% DV	310 mg 13% DV	47 g 16% DV	2g 8% DV	22g 5g	5g	X	X				X
	X	Maple Oat & Pecan	1/2 Scone 101 g	350	16 g 25% DV	8 g 40% DV	40 mg 13% DV	250 mg 10% DV	49 g 16% DV	2 g 8% DV	25 g 8% DV	5 g	X	X	Pecans			X
	X	Mixed Berry Cream Cheese	1 Scone 144 g	460	17 g 26% DV	10 g 50% DV	70 mg 23% DV	460 mg 19% DV	71 g 24% DV	2 g 8% DV	29 g 8% DV	8 g	X	X				X

100% Whole Wheat	White		Serving Size	Calories	Fat	Saturated Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Wheat	Eggs	Tree Nuts	Peanuts	Soy	Milk
<b>Rolls and Bars</b>																		
X		Raspberry Peach Bar	1 Bar 251 g	870	29 g 45% DV	18 g 90% DV	90 mg 30% DV	380 mg 16% DV	139 g 46% DV	10 g 40% DV	90 g 40% DV	14 g	X	X	Coconut			X
X		Apple Crisp Bar	1 Bar 261 g	930	30 g 46% DV	18 g 90% DV	90 mg 30% DV	380 mg 16% DV	158 g 53% DV	14 g 56% DV	104 g 56% DV	14 g	X	X	Coconut			X
X		Turtle Bar	1 Bar 200 g	1360	48 g 74% DV	26 g 130% DV	50 mg 17% DV	250 mg 10% DV	121 g 40% DV	8 g 32% DV	89 g 32% DV	12 g	X	X	Coconut Pecan		X	X
X		7 Layer Bar	1 Bar 312 g	1320	55 g 85% DV	39 g 195% DV	110 mg 37% DV	460 mg 19% DV	193 g 64% DV	12 g 48% DV	252 g 48% DV	20 g	X	X	Coconut		X	X
	X	Pumpkin Cream Cheese Bar	1 Bar 140 g	460	23 g 35% DV	11 g 55% DV	95 mg 32% DV	320 mg 13% DV	60 g 20% DV	2 g 8% DV	39 g 8% DV	6 g	X	X				X
	X	Cinnamon Roll	1/2 roll 137 g	380	10 g 15% DV	6 g 30% DV	40 mg 13% DV	610 mg 25% DV	68 g 23% DV	1 g 4% DV	41 g 4% DV	6 g	X	X				X
	X	Berry Cinnamon Roll	1/2 roll 160 g	390	10 g 15% DV	6 g 30% DV	40 mg 13% DV	610 mg 25% DV	71 g 24% DV	2 g 8% DV	42 g 8% DV	6 g	X	X				X
	X	Raisin Cinnamon Roll	1/2 roll 147 g	410	10 g 15% DV	6 g 30% DV	40 mg 13% DV	610 mg 25% DV	76 g 25% DV	2 g 8% DV	47 g 8% DV	6g	X	X				X