Current as of: 2/13/2018

Product Features and Nutritional Information

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Aunt Millies Breads																											
Best Grains													**Breads**													**Breads**	
Non GMO	5615	71314-05615	Dakota Rye Bread	1 Slice (40g)	3g	2g					yes			true		478	yes	yes	yes	yes		true					
Non GMO Fiber for Life	5616	71314-05616	12 Whole Grains Bread	1 Slice (45g)	4g	6g		yes	yes					true		346	yes	yes	yes	yes		true	yes				
Non GMO Fiber for Life	5617	71314-05617	Honey & Crunchy Oat Bread	1 Slice (45g)	4g	6g		yes			yes			true		280	yes	yes	yes	yes		true	yes				
Non GMO Fiber for Life	5624	71314-05624	80 Calorie Multi-Grain Bread	1 Slice (40g)	4g	6g		yes						true		341	yes	yes	yes	yes		true	yes				
Non GMO Organic	5680	71314-05680	Organic 100% Whole Wheat Bread	1 slice (40g)	4g	2g																					
Non GMO Organic	5681		Organic Honey 9 Grain Bread	1 slice (31g)	3g	2g																					
Non GMO Organic	5682		Organic Native Grains Bread	1 slice (40g)	4g	2g																					
Non GMO Organic	5683		Organic Seedful Bread	1 slice (31g)	3g	2g																					
Non GMO Whole Grain	5618	71314-05618	15 Whole Grains Bread	1 slice (45g)	4g	2g			yes					true		454	yes	yes	yes	yes		true				yes	
Non GMO Whole Grain	5619	71314-05619	100% Whole Wheat Bread	1 Slice (40g)	4g	2g			yes					true		437	yes	yes	yes	yes		true					
Healthy Goodness													**Breads**													**Breads**	
	1355	71314-01355	100% Whole Wheat Bread	(27g)	2g	2g	yes		yes	24			1.5	True		389	yes	yes	yes	yes							3
	506	71314-10506	Fiber & Flavor Potato Bread	1 slice (26g)	2g	1g	yes				yes	23	1.75	true		497	yes	yes	yes				yes	yes			4
	514	71314-10514	97% Fat Free Multi-Grain Wheat Bread	2 Slices (52g)	4g	2g	yes		yes	15	yes	14	1.75			390	yes	yes	yes								4
	523	71314-00523	Whole Grain White Bread	2 Slices (45g)	4g	5g		yes	yes	15	yes			true		425	yes	yes	yes				yes	yes	yes		3

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				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Aunt Millies Breads																											
Healthy Goodness											**Breads**																**Breads**
Fiber for Life Light	1357	71314-00185	Light Whole Grain Bread	2 Slices (47g)	4g	6g		yes	yes	17				true		396	yes	yes	yes				yes	yes		yes	2
Fiber for Life Light	1365	71314-00187	Light Potato Bread	2 Slices (47g)	4g	6g		YES			YES	14	1.5	TRUE		381	YES	YES	YES				yes	YES		YES	2
Fiber for Life Light	5911	71314-05911	Light Honey Wheat Bread	2 Slices (47g)	4g	6g		yes	yes	16.4			1	True		396	yes	yes	yes				yes			yes	2
Fiber for Life Light	5912	71314-05912	Light Oatmeal Bread	2 Slices (47g)	4g	6g		yes	yes	8			1	True		396	yes	yes	yes				yes			yes	2
Homestyle											**Breads**																**Breads**
	200	71314-10200	Country Buttermilk Bread	1 Slice (34g)	3g	1g					yes			true		513	yes	yes	yes								
	221	71314-10221	Cracked Wheat with Whole Grain Bread	1 Slice (34g)	4g	2g			yes	9				true		491	yes	YES	YES								
	336	71314-10336	100% Whole Wheat Bread	1 slice (34g)	3g	2g	yes		yes	18				true		455	yes	YES	YES								
	380	71314-00380	Whole Grain Honey White Bread	1 Slice (34g)	3g	2g				11.5	YES			true		485	yes	YES	YES								
Aunt Millies Breads																											
Other Breads											**Breads**																**Breads**
Deluxe	157	71314-00050	White Sandwich Bread	2 Slices (52g)	4g	1g				0	yes					455	yes	yes	yes							yes	4
deluxe	300	71314-10300	White Bread	2 Slices (57g)	5g	1g					yes					458	yes	yes	yes								4
Deluxe	359	71314-00359	Wheat Bread	2 Slices (57g)	5g	2g				1	yes	31	2			456	yes	yes	yes								4
Deluxe	369	71314-00235	Texas Toast Bread	1 Slice (39/g)	3g	1g				0	yes					460	yes	yes	yes							yes	3
Deluxe	466	71314-00051	Wheat Sandwich Bread	2 Slices (52g)	5g	2g			yes	18.8	yes				yes	358	yes	yes	yes							yes	4
deluxe	6131	71314-06131	White with Whole Grain Bread	1 Slice (28g)	2g	1g					yes					456mg	yes	yes	yes								2
Deluxe	6369	71314-06369	Whole Grain Texas Toast Bread	1 Slice (39/g)	4g	2g			yes	14		9.3	1.25			358	yes	yes	yes							yes	3
Family-Style	328	71314-10328	Seeded Italian Bread	1 slice (34g)	3g	1g				0	YES	21	1			515	YES	YES	YES								2
Family-Style	417	71314-00048	Butter Top Wheat Bread	1 slice (31g)	3g	1g			yes	7	yes	24.0	2			493	yes	yes	yes								4
Family-Style	4619	71314-04619	100% Whole Wheat Bread	1 slice (31g)	3g	2g					yes			true		382mg	yes	yes	yes								

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Aunt Millies Breads																											
Other Breads											**Breads**														**Breads**		
Family-Style	4620	71314-04620	Honey Butter White Bread	1 slice (31g)	2g	1g					yes			true		456mg	yes	yes	yes								
Family-Style	4799	71314-04799	Honey Wheat Bread	1 slice (31g)	3g	1g				2	yes	13	1			421	yes	yes	yes								2
Family-Style	6130	71314-06130	Seedless Italian Bread	1 slice (34g)	3g	1g																					
Old-Fashioned	431	71314-00431	Old-Fashioned Multigrain Bread	1 slice (31g)	3g	1g				1	yes	32	2	true		465	yes	yes	yes								4
Other	4306	71301-05768	Sunbeam Honey Wheat Bread 24oz	1 slice (28g)	2g	1g																					
Other	4307	71315-04307	Soft 'N Good Honey Wheat Bread 24oz	1 slice (28g)	2g	1g																					
Other	4528	71314-04528	Seedless Rye Bread	1 Slice (30g)	3g	1g					yes					513	YES	YES	YES							YES	
Other	4529	71314-04529	Seeded Rye Bread	1 Slice (30g)	3g	1g					yes					530	YES	YES	YES							YES	
Other	4712	71314-04712	German Rye Bread	2 Slices (43g)	4g	1g					yes					476	yes	yes	yes							yes	
Swirl											**Breads**														**Breads**		
	1880	71314-01880	Raisin Swirl Bread	1 Slice (35g)	3g	3g	yes		yes	8.6	yes			true		292	yes	yes	yes				yes			yes	
	1882	71314-01882	Cinnamon Swirl Bread	1 Slice (35g)	3g	3g	yes		yes	10				true		327	yes		yes	yes			yes			yes	
	5896	71314-05896	Coffee Cake Swirl Bread	1 Slice (35g)	3g	1g					yes						yes		yes							yes	
	5899	71314-05899	Caramel Apple Swirl Bread	1 Slice (35g)	3g	1g					yes					405	yes	yes	yes							yes	
	5900	71314-05900	French Toast Swirl Bread	1 Slice (39g)	3g	1g				0.0	yes	19.5	1.25			419	yes		yes							yes	
	5901	71314-05901	Cranberry Apple Swirl Bread	1 Slice (35g)	3g	1g				0.0	yes	17.4	1.25			405	yes	yes	yes							yes	
	5902	71314-05902	Michigan Cherry Swirl Bread	1 Slice (35g)	2g	1g					yes					369mg	yes	yes	yes							yes	
Aunt Millies Bagels																											
New York Style											**Bagels**														**Bagels**		
	6916	71314-06916	Everything and More Bagel	1 Bagel (95g)	10g	2g					yes			true			yes	yes	yes								
	6919	71314-06919	Plain Bagels	1 Bagel (95g)	10g	2g					yes			true			yes	yes	yes								

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Aunt Millies Bagels																											
New York Style											**Bagels**														**Bagels**		
	6927	71314-06927	Cinnamon Raisin Bagels	1 Bagel (95g)	10g	2g					yes			true			yes	yes	yes								
	6936	71314-06936	Whole Grain Bagels	1 Bagel (95g)	10g	7g								true			yes	yes	yes							yes	
Soft Style											**Bagels**														**Bagels**		
	6943	71314-06943	White with Whole Grain Soft Bagels	1/2 Bagel (43g)	4g	2g			yes		yes			true			yes									yes	
	6944	71314-06944	Brown Sugar Soft Bagels	1/2 Bagel (43g)	4g	3g	yes		yes		yes			true			yes									yes	3
Aunt Millies Buns																											
12 Packs											**Buns**														**Buns**		
	2918	71314-02918	Whole Grain Hot Dog Buns 12ct	1 Bun (43g)	4g	2g	yes		yes	13.5						451	yes	yes	yes							yes	
	3319	71314-03319	Honey Hot Dog Buns 12 ct.	1 Bun (43g)	3g	1g					yes						yes									yes	
	3337	71314-03337	Honey Hamburger Buns 12 ct.	1 Bun (58g)	5g	1g				0	yes	35	2				yes									yes	
Deluxe											**Buns**														**Buns**		
	2872	71314-02872	White Hamburger Buns	1 bun (60g)	5g	1g					yes	36	2			427	yes	yes	yes							yes	4
	2878	71314-02878	White Hot Dog Buns	1 bun (44g)	3g	1g					yes	26	1.5			422	yes	yes	yes							yes	3
Family-Style											**Buns**														**Buns**		
	3305	71314-00598	White Hot Dog Buns	1 bun (44g)	3g	1g					yes	28	1.5	true		453	yes	yes	yes							yes	1
	4741	71314-04741	White Hamburger Buns 8ct-16oz	1 bun (57g)	4g	1g					yes					440	yes	yes	yes							yes	4
Hearth											**Buns**														**Buns**		
	2947	71314-00257	Whole Grain Hamburger Buns	1 bun (60g)	5g	3g	yes		yes	19	yes			true		432	yes	yes	yes							yes	
	3364	71314-00261	Whole Grain Hot Dog Buns	1 bun (44g)	4g	2g	yes		yes	13.5	yes			true		417	yes	yes	yes							yes	
	3378	71314-03378	Hawaiian Hamburger Buns	1 Bun (60g)	5g	1g					yes			true		403mg	yes	yes	yes							yes	
	3472	71314-00224	Sesame Hamburger Buns	1 bun (60g)	5g	1g					yes			true	yes	347mg	yes	yes	yes							yes	
	3873	71314-03873	Classic White Hamburger Bun	1 bun (60g)	5g	1g					yes			true	yes	354mg	yes	yes	yes							yes	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Aunt Millies Buns																											
Hearth											**Buns**														**Buns**		
	3876	71314-03876	Classic White Hot Dog Bun	1 bun (44g)	3g	1g					yes			true	yes	354mg	yes	yes	yes							yes	
	4652	71314-04652	Hawaiian Hot Dog Buns	1 Bun (44g)	4g	1g					yes			true		401	yes	yes	yes							yes	
	5881	71314-05881	Reduced Calorie Whole Grain Hot Dog Buns	1 Bun (44g)	4g	4g		yes	yes	10				true			yes									yes	2
	5885	71314-05882	Reduced Calorie Hamburger Buns	1 Bun (60g)	6g	6g		yes	yes	14.0				true			yes									yes	3
	6013	71314-06013	Pretzel Hamburger Buns	1 Bun (74g)	6g	1g								true			yes										
	6075	71314-06075	Johnsonville Grillers Burger Buns	1 bun (60g)	5g	1g				0	yes	36	2.25	true		427	yes	yes	yes							yes	4
	6076	71314-06076	Potato Slider Bun	1 Bun (33g)	3g	1g								true		446mg	yes	yes	yes								
	6654	71314-06654	Brioche Buns 8ct	1 bun (60g)	5g	1g					yes			true		403	yes		yes							yes	5
Homestyle											**Buns**														**Buns**		
	3317	71314-00341	Honey Hot Dog Buns	1 bun (44g)	3g	1g					yes	26	1.5	true		428	yes	yes	yes							yes	3
	3333	71314-00342	Honey Hamburger Buns	1 Bun (60g)	5g	1g					yes	36	2	true		428	yes	yes	yes							yes	4
Stadium Buns											**Buns**														**Buns**		
	4270	71314-04270	Brat Buns	1 bun (66g)	5g	1g											yes	yes	yes								
	4273	71314-04273	Golden Potato Hamburger Buns	1 bun (57g)	4g	1g					yes					480	yes	yes	yes							yes	
	4275	71314-04275	Golden Potato Hot Dog Buns	1 bun (44g)	3g	1g					yes					481	yes	yes	yes							yes	
	4276	71314-04276	White Hamburger Buns	1 bun (57g)	4g	1g																					
	4277	71314-04277	White Hot Dog Buns	1 bun (44g)	3g	1g																					
Aunt Millies Buns																											
Slimwiches											**Buns**														**Buns**		
	7601	71314-07601	100% Whole Wheat Slimwiches	1 Bun (43g)	4g	5g		yes	yes	0	yes			true		357	yes	yes	yes							yes	2
Aunt Millies English Muffins																											
											English Muffins														**English Muffins**		

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Aunt Millies English Muffins																											
											English Muffins															English Muffins	
	2206	71314-00714	100% Whole Wheat English Muffins	1 Muffin (57g)	5g	2g	yes		yes	27				true		2	yes									yes	
	2214	71314-00724	Old-Fashioned White English Muffins	1 Muffin (57g)	5g	1g				0	yes			true			yes									yes	
	2264	71314-00720	Cinnamon Raisin English Muffins	1 Muffin (57g)	5g	1g	yes							true			yes									yes	
	2298	71314-00716	98% Fat Free Multi-Grain English Muffins	1 Muffin (57g)	5g	2g	yes		yes	15				true			yes									yes	
	2303	71314-00715	98% Fat Free Sourdough English Muffins	1 Muffin (57g)	5g	1g					yes			true			yes									yes	
Aunt Millies Deli																											
											Deli															Deli	
	3143	71314-00272	Beef Buns	1 Bun (89g)	7g	2g				0	yes	53.5	3				yes									yes	
	4011	71314-04011	Deli Party Sub Buns 12 ct.	1 bun (66g)	5g	1g				0	yes	39	2.25				yes	yes	yes							yes	4
	4339	71314-00350	Mini Sub Buns	1 bun (66g)	5g	1g				0	yes					431	yes	yes	yes							yes	
	4680	71314-00327	Steak Buns	1 Bun (76g)	6g	1g				0	yes	45	3				yes									yes	
	4703	71314-00318	Kaiser Buns	1 bun (66g)	5g	1g					yes				yes		yes									yes	
	4753	71314-00331	Super Sub Buns	1 bun (80g)	6g	1g				0	yes					442	yes	yes	yes							yes	
	4884	71314-00332	Onion Buns	1 bun (64g)	5g	2g					yes						yes									yes	
	4887	71314-04887	Old World French Rolls		7g																						
	5157	71314-00352	Whole Grain Mini Sub Buns	1 bun (66g)	6g	3g			yes	21	yes					431	yes		yes							yes	
Aunt Millies Dinner Rolls																											
											Dinner Rolls															Dinner Rolls	
	4335	71314-04335	Hawaiian Dinner Rolls, 12 ct.	1 roll (43g)	4g	1g					yes			true		408mg	yes		yes								
	4372	71314-00594	Whole Grain Dinner Rolls	1 Roll (38g)	4g	2g			yes	11	yes						yes										
	4375		Whole Grain Sliced Dinner Rolls	1 Roll (38g)	4g	2g	yes		yes						yes	332	yes	yes	yes							yes	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Aunt Millies Dinner Rolls																											
										Dinner Rolls															**Dinner Rolls**		
	4385	71314-04385	White Dinner Rolls 12 ct.	(40g)	3g	1g					yes						yes									yes	
	4389	71314-00577	Unsliced White Dinner Rolls	1 Roll (38g)	3g	1g				0	yes	22.5	1.25				yes										
	4391	71314-04391	Hawaiian Dinner Rolls 12 ct. 17 oz.	(40g)	4g	1g					yes			true			yes									yes	
	4399	71314-04399	Hawaiian Dinner Rolls 12 ct. Boxed 18z.	1 Roll (43g)	4g	0g				0		0															
	4525	71314-00602	White Brown N Serve Rolls		3g						yes						yes									yes	
	5212	71314-00587	Sliced White Dinner Rolls	1 Roll (38g)	3g	1g				0	yes	22.5	1.25				yes										
	6132	71314-06132	Potato Big & Fluffy Rolls 12 ct.	1 Roll (43g)	3g	1g					yes			yes		358mg	yes		yes								
	6134	71314-06134	Big & Fluffy Butter Rolls	1 Roll (42.5g)	5g	1g				0	yes	24	1.5	true		498	yes		yes								3
	6141	71314-06141	Split Top Honey Dinner Rolls	1 Roll (32g)	3g	1g					yes			true			yes	yes	yes							yes	
Koepplingers Recipe Breads																											
										Breads															**Breads**		
	21006	71315-21006	Toastmaster White Bread	2 Slices (52g)	4g	1g					yes					455	yes	yes	yes							yes	
	21087	71315-21087	Italian Pan Bread 20 oz	1 Slice (32g)	2g	1g					yes					647	yes	yes	yes							yes	
	21135	71315-21135	Split Top Wheat Bread 20 oz	2 Slices (52g)	5g	2g					YES			true		546	yes	yes	yes							yes	
	21178	71315-21178	Split Top Oatmeal Bread 20 oz	1 Slice (32g)	3g	1g								true			yes	yes	yes							yes	
All Natural										**Breads**															**Breads**		
	4877	71315-04877	All Natural 100% Whole Wheat Twin Bread	1 Slice (31g)	4g	2g			YES					true		381	yes	yes	yes	yes						yes	
	4880	71315-04880	All Natural Split Top Honey Wheat Bread	1 Slice (31g)	3g	1g			yes					true		365mg	yes	yes	yes	yes						yes	
	877	71315-00877	All Natural Cracked Whole Grain Bread 24 oz	2 Slice (62g)	7g	3g			yes		yes					531	yes	yes	yes							yes	
	885	71315-00885	All Natural 100% Whole Wheat Bread 24 oz	1 slice (31g)	3g	1g	yes		yes					true		381	yes	yes	yes	yes						yes	
	891	71315-00891	All Natural Healthy Whole Grain Bread 24 oz	2 Slices (62g)	7g	4g	yes		yes					true		400	yes	yes	yes	yes						yes	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
Koepplingers Recipe Buns																											
Buns																											**Buns**
	21565	71315-21565	Honey Hamburger Buns 12 ct	1 Bun (49g)	4g	1g																					
	21930	71315-21930	Split Top Italian Sub Buns 8 ct	1 Bun (75g)	6g	1g				0		44	2.5				yes										
Restaurants & Schools Breads																											
Breads																											**Breads**
	21019		Koepplinger's Recipe Deli Rye Country Style 20 oz	1 Slice (31g)	4g	0g				0							yes	yes	yes								
	21024		Koepplinger's Recipe Sourdough 1.5 lb	1 Slice (32g)	3g	1g				0																	
	21031		Koepplinger's Recipe Light Deli Rye 1.5 lb	1 Slice (28g)	2g	1g				0																yes	
	21240		Koepplinger's Recipe Club Pullman White 2 lb	1 Slice (28g)	2g	0g				0							yes	yes	yes							yes	
	21247		Koepplinger's Recipe Club Pullman WW 2lb	1 Slice (28g)	2g	1g				0							yes	yes	yes							yes	
	21313		Koepplinger's Recipe Zonzonetti Thick Slice	1 Slice (28g)	2g	1g				0																	
	5369	44785-00005	Milano Italian Bread	2 Slices (55g)	4g					0																	
	5377	44785-00004	Milano French Bread	2 Slices (42g)	3g					0																	
	6444		Koepplinger's Recipe Thick Sliced Raisin Bread	1 Slice (40g)	3g	1g					yes			true		295	yes	yes	yes							yes	3
Other	107	71315-00118	Hillbilly Bread	2 Slices (52g)	5g	2g				1.5	yes	30.5	1.75			465	yes	yes	yes								4
Other	131		Round Top White Bread	2 Slices (57g)	5g	1g				0	yes					454	yes	yes	yes								4
Other	136		Sunbeam White with Whole Grain	2 Slices (57g)	5g	2g				10		24	2														
Other	2052	71314-01013	ISB French Bread	1 Slice (22g)	3g									TRUE			YES	YES	YES								
Other	5351	44785-00002	Jewish Rye Bread	1 Slice (22g)	3g									true			yes									yes	
Other	68	71314-00121	Giant White Bread	1 slice (28g)	2g	1g				0	yes	35.5	2				yes										
Other	7507		Thick Sliced French Bread	1 Slice (57g)	5g	1g					yes						yes									yes	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Restaurants & Schools Breads																											
											Breads																**Breads**
Other	7523	71314-00306	Sliced French Bread 20 oz.	1 Slice (30g)	3g	1g				0	yes						yes									yes	
Other	7549	71314-00301	Unsliced French Bread 20 oz.	2oz (57g)	5g	1g				0	yes						yes									yes	
Other	7557		French Sourdough Bread 24 oz.	1 Slice (38g)	4g	1g				0	yes						yes									yes	
Restaurant	1967	71314-00216	Deli Rye Bread	1 Slice (40g)	4g	2g	yes		yes	9	yes			true		458	yes	yes	yes	yes						yes	
Restaurant	5107	70821-00057	Holsum White Bread 24 oz.	1 slice (28g)	2g	1g				0	yes	37	2				yes										
Restaurant	5350		Marble Rye Bread 32 oz.	1 Slice (30g)	2g	1g											yes	yes	yes							yes	
Restaurants & Schools Buns																											
											Buns																**Buns**
	21721		Koepplinger's Recipe Yellow 4" Kaiser 12 ct.	1 Roll (65g)	6g	0g				0																	
	21864		Koepplinger's Recipe Hard Crust 4.5" Kaiser 6	1 Bun (76g/2.7oz	8g	1g				0																yes	
	3354	71314-03354	3 1/2" Whole Grain Hamburger Bun 12 ct.	1 Bun (43g)	4g	2g			yes	17					yes	338	yes	yes	yes							yes	
	4499		4" Deep Pan Hamburger Bun 30 ct	1 Bun (69g)	5g	1g				0	yes						yes		yes							yes	
	4526		3.5" Seeded Hamburger Bun 12 ct.	1 Bun (44g)	4g	1g				0	YES						YES	YES	YES								
	5688	71314-05688	12" Footlong Hot Dog Buns 6 ct.	1 Bun (85g)	7g	1g				0	yes	43.8	3			447	yes		yes							yes	5
	9753	71314-01029	ISB Bratwurst Bun 6ct.	1 Bun (66g)	5g	1g											yes	yes	yes							yes	
	9761	71314-01032	ISB Super Sub Bun 6ct.	1 Bun (80g)	7g	1g					YES						YES		YES							YES	
	9957	71314-01020	ISB Kaiser Bun 8ct.	1 Roll (66g)	6g	1g																					
Buns	1632	71314-00855	Hamburger Buns 16 ct.	1 Bun (57g)	4g	1g					yes						yes									yes	
Buns	1640	71314-00856	Hot Dog Buns 16 ct.	1 Bun (43g)	3g	1g					yes						yes									yes	
Buns	3075	71314-03075	Hamburger Buns 12 ct.	1 Bun (54g)	4g	1g				0	yes	33.5	1.75				yes									yes	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Restaurants & Schools Buns																											
											Buns															**Buns**	
Buns	3083	71314-03083	Seeded Hamburger Buns 12 ct.	1 Bun (54g)	5g	1g					yes						yes									yes	
Buns	3124	71314-02005	3 1/2" Hamburger Buns 12 ct.	1 Bun (43g)	4g	1g				0	yes	26	1.5				yes									yes	
Buns	3136	71314-02015	4" Hamburger Buns 12 ct.	1 Bun (54g)	4g	1g				0	yes					431	yes	yes	yes							yes	
Buns	3141	71314-02017	4" Seeded Hamburger Buns 12 ct.	1 Bun (54g)	4g	1g				0	yes	31.5	1.75				yes									yes	
Buns	3159	71314-02040	4" Whole Grain Hamburger Buns 12 ct.	1 Bun (57g)	6g	2g	yes		yes	16.3	yes				yes	332	yes	yes	yes							yes	
Buns	3162	71314-02025	6" Hot Dog Buns 12 ct.	1 Bun (43g)	3g	1g	yes	yes	yes	0	yes				yes	502	yes	yes	yes	yes						yes	
Buns	3165		4" Double Decker Seeded Buns 12 ct.	1 Bun (64g)	6g	1g				0	yes	39.5	2.25				yes									yes	
Buns	3183		Yellow Deep Pan Hamburger Bun 12 ct	1 Bun (64g)	5g	1g																					
Buns	3195	71314-02100	7" Coney Hot Dog Buns 8 ct.	1 Bun (50g)	4g	1g					yes						yes									yes	
Buns	3200	71314-02060	4 1/2" Onion Hamburger Buns 12 ct.	1 Bun (64g)	6g	1g				0	yes					414.6	yes									yes	3
Buns	3480		4" Whole Grain Hamburger Bun 30 ct.	1 Bun (57g)	6g	2g	yes		yes	16.5	yes				yes	332mg	yes	yes	yes							yes	
Buns	3888	71314-00857	4 1/2" Classic Kaiser Buns 12 ct.	1 Bun (66g)	5g	1g				0	yes						yes									yes	3
Buns	3896		4" Corn Dusted Kaiser Buns 12 ct.	1 Bun (54g)	4g	1g				0	yes	33	1.75				yes									yes	
Buns	4012		4" Plain Hamburger Buns 30 ct.	1 Bun (54g)	4g	1g				0	yes	32	1.75				yes									yes	
Buns	4020		4" Seeded Hamburger Buns 30 ct.	1 Bun (54g)	5g	1g				0	yes						yes									yes	3
Buns	4040		Individual Whole Grain 2 oz. Hot Dog Buns 12 ct.	1 bun (57g)	5g	2g	yes		yes	16						451	yes	yes	yes							yes	
Buns	4062		4 1/2" Seeded Hamburger Bun 12 ct.	1 Bun (66g)	5g	1g					yes						yes									yes	
Buns	4102		4 1/2" Knot Top Plain Hamburger Buns 12 ct.	1 Bun (66g)	5g	1g					yes						yes									yes	
Buns	4169		9" Coney Hot Dog Buns 6 ct.	1 Bun (77g)	5g	1g				0	yes	48	2.5				yes									yes	
Buns	4224		5" Seeded Hamburger Buns 20 ct.	1 Bun (90g)	8g	1g					yes						yes									yes	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Restaurants & Schools Buns																											
										Buns															**Buns**		
Buns	4305	71314-00272	5" Plain Hamburger Buns 8 ct.	1 Bun (89g)	7g	2g				0	yes	56	3				yes									yes	
Buns	4402		Seeded Steak Bun 24 ct.	1 Bun (79g)	7g	2g				0	yes						yes									yes	4
Buns	4421		Double Decker Hamburger Buns 6 ct.	1 Bun (61g)	5g	1g				0																	
Buns	5026		4 1/2" Seeded Round Top Hamburger Buns 20	1 Bun (85g)	7g	1g					yes						yes									yes	
Restaurants & Schools Buns																											
12 Packs										**Buns**															**Buns**		
	4378	71314-04378	Brioche Hamburger Buns	1 Bun (85g)	7g	1g					yes					490mg	yes		yes							yes	
Restaurants & Schools Deli																											
Sub										**Deli**															**Deli**		
	4338		Slab Cut Mini Sub	1 Bun (66g)	5g	1g					yes					431	yes	yes	yes							yes	
	4752		Slab Cut Super Sub 6ct	1 Bun (80g)	7g	1g					yes					442	yes	yes	yes							yes	
Restaurants & Schools Dinner Rolls																											
										Dinner Rolls															**Dinner Rolls**		
	2125	71314-01033	ISB Dinner Rolls 12 ct.	1 Roll (38g)	3g	1g					YES					447	YES	YES	YES								3
Dinner Rolls	4365	71314-04365	Honey Wheat Tea Rolls	1 Roll (28g)	3g	2g	yes		yes	9.5	yes				yes	327	yes	yes	yes							yes	2
Restaurants & Schools English Muffins																											
										English Muffins															**English Muffins**		
Muffins	2395		White English Muffins 12 ct.	1 Muffin (57g)	5g	1g				0	yes			true			yes	yes	yes							yes	
Restaurants & Schools Other																											
										Other															**Other**		
	20369		Koepplinger's Recipe 12" Hoagy Bun 4 ct.	1 Roll (227g)	18g	6g				0																	
	20383		Koepplinger's Recipe 7" Hearth Sub Buns 4 ct.	1 Roll (128g)	10g	2g				0		75	4.25														
	22527		Angel Food Cake Ring	1/6 Cake	4g	0g				0																	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Restaurants & Schools Other																											
											Other															Other	
	4428		Restaurant Style 13" Sub Bun	1 Bun (227g)	17g	4g					yes			true			yes	yes	Yes							yes	
	4591		8" Pizza Sub	1 Bun (120g)	11g	2g				0																	
	4606		9.5" Pizza Sub	1 Bun (269g)	24g	5g				0																	
	5081		5" Plain Breadstick 20 ct.	1 Breadstick	2g	0g					yes					513	yes	yes	yes							yes	
	5082		8" Plain Breadstick 20 ct.	1 Breadstick	4g	1g					yes					513	yes	yes	yes							yes	
	5083		5" Whole Grain Breadstick 20 ct.	1 Breadstick	2g	1g			yes						yes	357	yes	yes	yes							yes	
	5084		8" Whole Grain Breadstick 20 ct.	1 Breadstick	4g	2g			yes		yes				yes	343	yes	yes	yes							yes	
	5113		Whole Grain Mini Sub Bun - 16.5oz	1 Bun (58g)	6g	2g	yes		yes	19	yes				yes	332	yes	yes	yes							yes	
	7475	71301-04774	Sunbeam Flour Tortilla		3g					0							yes		yes							yes	
Restaurant	8475	79216-00459	Nuevo Leon Flour 6" Tortilla 12 ct.		3g					0																	
Restaurant	8476	79216-00146	Nuevo Leon Flour Medium 8" Tortilla 12 ct.		3g					0																	
Restaurant	8477	79216-00560	Nuevo Leon Flour Large 10" Tortilla 6 ct.		5g					0																	
Restaurant	8478	79216-00920	Nuevo Leon White Corn 6" Tortilla 36 ct.		2g																						
Restaurant	8479	79216-00941	Nuevo Leon Whole Wheat Flour 8" Tortilla		4g					0																	
Restaurant	8576	71301-04776	Sunbeam Flour Medium Tortilla 12 ct.		3g					0																	
Pita											Other															Other	
	21028		Koepplinger's Recipe Single Slice White	1 Slice (22g)	2g	0g				0																	
	21029		Koepplinger's Recipe Single Slice Wheat Bread	1 Slice (22g)	2g	1g				4																yes	
	7608	70985-20250	Sophia's 7" Greek Whole Wheat Flat Bread	1 Pita (85g)	7g	3g				19																yes	
	7616	70985-20150	Sophia's 7" Greek Flat Bread	1 Pita (85g)	8g	1g				5																yes	

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
Restaurants & Schools Other																											
Pita											Other														Other		
	7628	70985-20350	Sophia's 8" Old World Thin Pocket Pita	1/2 Pita (28g)	3g	1g				0																	
	7744	70985-50000	Sophia's White Pocket Pita 5 ct.		3g	1g				0	yes		1.5	True			yes	yes	yes							yes	2
	7752	70985-50011	Sophia's Wheat Pocket Pita 5 ct.		3g	1g				0			1.5	true			yes	yes	yes							yes	
SnackPlanet Sweets																											
DessertCups											Sweets														Sweets		
	9274	71314-00779	Dessert Cup 4CT	1 Cake (28g)	2g	0g																					
Donuts											Sweets														Sweets		
Box	7459	71314-07459	Assorted Donut		3g																						
Box	7469	71314-07469	Chocolate Donut		3g																						
MiniDonuts											Sweets														Sweets		
MiniBox	7490	71314-07490	Pumpkin Spice Mini Donut	4 mini donuts	3g																						
MiniBox	8445	71314-08445	Chocolate Mini Box Donut		3g																						
MiniBox	8455	71314-08455	Powdered Sugar Mini Box Donut		2g																						
MiniBox	8456	71314-08456	Crunch Mini Box Donut		2g																						
SingleSrv	7451	71314-07451	Powdered Sugar Mini Donut		3g																						
SingleSrv	7452	71314-07452	Crunch Mini Donut		5g																						
SingleSrv	7453	71314-07453	Chocolate Mini Donut		4g																						
Tube	7457	71314-07457	Cinnamon Tube Donut		3g																						
Tube	7458	71314-07458	Powdered Sugar Tube Donut		2g																						
Tube	7468	71314-07468	Plain cake Tube Donut		3g																						
SweetRolls											Sweets														Sweets		

Line	Code	UPC	Variety	Serving Size	Protein	Fiber	Good Source of Fiber	Excellent Source of Fiber	Whole Grains Council Stamp	Grams of Whole Grains /Serving	Enrich-ment Added	Grams of Enriched Grains /Serving	School Bread Equiv	No High Fructose Corn Syrup	Reduced Sodium	mg of Sodium /100g	0g of Trans Fat /serv	0g of Saturated Fat /serv	0g of Cholesterol /serv	100% Natural	USDA Certified Organic	Contains No GMO's	Contains Prebiotics	Good Source of Calcium	Good Source of Vitamin D	Kosher Pareve	Weight Watchers Points Plus
				Serv Size	P	F				g	+	+g				/100g	0g Trans Fats	0g Saturated Fats	0g Cholesterol per serv.			GMO					
SnackPlanet Sweets																											
SweetRolls											**Sweets**														**Sweets**		
Cinnamon	1451		Cinnamon Sweet Roll 16oz	1 Roll (57g)	4g	0g																					
Honey	7448	71314-07448	Jumbo Iced Honey Bun		8g																						
Maple	1450		Maple Twist Sweet Roll 16oz	1 Roll (76g)	5g	0g																					

Product Features and Nutritional Information

Serv Size	The first place to start when you look at the Nutrition Facts label is the **Serving Size**. Standardized to make it easier to compare similar foods; they are provided in familiar units, such as cups or slice or bun.		**Good & Excellent Fiber:** Dietary fiber is essential for a healthy diet. In an effort to produce the most nutritious breads and baked goods available, Aunt Millie's offers products that provide either a good or an excellent source of fiber. Aunt Millie's products that are **Good Sources of Fiber** provide at least **10%** of the daily recommended value of dietary fiber (2.5 to 4.9 grams), and **Excellent Sources** provide at least **20%** of the daily recommended value (5grams and above).		**Whole grains**, contain all three portions of the kernel: the bran, the germ, and the endosperm (white flower). By incorporating whole grains into the diet, individuals can increase their fiber intake leading to reduced blood cholesterol, risk for heart disease and enhanced digestive function. Whole grains are also rich in B-vitamins that are critical for metabolic processes, iron for oxygen transport and magnesium for energy utilization.
F	**Fiber**: Looking to make positive changes to your diet without compromising your favorite dishes? Aunt Millie's *Fiber for Life* baked goods provide as much as 6 grams of fiber per serving. Enjoy!				
P	**Protein**: Is an essential nutrient for good health because it builds and repairs body tissues. Containing at least 4 of the 8 essential amino acids, the protein found in whole grain can contribute to the daily recommended amount, without adding saturated fat.		**Whole Grains Council Stamp:** Find healthy choices fast by choosing products that have the Whole Grains Council Stamp. All products with the Stamp contain at least half a serving, 8g (8 grams) of whole grain ingredients; 16g to be an "Excellent Source".		**No HFCS**: High Fructose Corn Syrup starts out as ordinary corn syrup. Then, with the use of enzymes, it is given a higher level of fructose. Many believe sugar is more natural and HFCS is linked to obesity.
	Weight Watcher Points Plus: This program is a healthy weight loss plan to help you lose weight and keep it off by using the Point Plus system. Points are located on our products to help maintain your nutritional intake.		**Omega-3** is an essential fatty acid necessary for the healthy development and functions of our bodies. DHA Omega-3 helps support brain and eye health, cardiovascular heart health and is important throughout life.		**Calcium** and **vitamin D** promote healthy bone formation and retention and have multiple other benefits. Many of Aunt Millie's baked goods are enriched with calcium and vitamin D. Calcium is vital for muscle contraction and heart function. Adequate vitamin D intake has been linked to decreased susceptibility for development of high blood pressure, cancer, seasonal affective disorder, type-1 diabetes, and coronary heart disease.
Carbs	**Carbohydrate Exchange Servings**: One Carbohydrate Exchange equals 15 grams of carbohydrate. Developed by the American Diabetes Association to help you make healthy decisions about your family's diet.		**Fat Free**: The FDA allows foods to be labeled "fat-free" if it contains less than 0.5 g of fat per serving with no added fat or oils.		
	Reduced Sodium: Aunt Millie's works to minimize the amount of sodium in all of our baked goods and we offer several products that are Reduced Sodium; these product contain at least 25% less sodium than the original product.	35	**35 Calories per Slice**: Aunt Millie's now offers healthier bread with lower calories. We have breads that have 35 Calories per slice and also are a high source of fiber.		**Enriched**: During the milling process of grains, many essential nutrients in the grain are lost. Refined wheat flour will often have these nutrients added back; including Thiamine B1, Riboflavin B2, Niacin B3, Folic Acid B9 and the mineral iron.
	100% Natural: products contain no color additives, no artificial substances, nor any synthetic compounds. The pure, fresh ingredients we use receive minimal processing. Aunt Millie's; baking natural and wholesome foods!	GMO	**No GMO's**, Genetically Modified Organism, are crop plants that have been modified in a laboratory to enhance certain traits. Still a new science, there have been no long-term studies on how they effect on our health or ecosystems.		**Probiotics** aid in digestion but require dietary fibers known as **Prebiotics** for a healthy digestive tract, increased immune system function, enhanced mineral absorption and reduction risk for gastrointestinal diseases.
	Kosher Pareve: We use only the highest quality, Kosher-approved ingredients. All fats and oils are vegetable-based. Our buns, bagels, English muffins as well are dairy-free, made with all natural enzymes.		**Organic** ingredients are crops grown without the use of most conventional pesticides or synthetic fertilizers. These **certified organic crops** cannot be bioengineered or subjected to ionizing radiation.	0g	**No Trans Fats**: Trans fatty acids are partially-hydrogenated fats that solidify at higher temperatures. These are one of the "bad" fats that raise body cholesterol. All of Aunt Millie's products contain zero grams of trans fat.

See also the: FDA U.S. Food and Drug Administration - U.S. Department of Health Human Services How to Understand and Use the Nutrition Facts Label.