



## Cracked Wheat with Whole Grain Bread



UPC: 071314102216

Net Weight: 22oz (1lbs 6oz)  
624g

### Specifications

**Count:**  
20 / 22 oz.

**Dimensions:**  
11" L x 4.75" W x 4.5" H

**Availability:**  
Monday, Tuesday, Thursday,  
Friday, Saturday

Whole grain and crushed wheat create a hearty, homestyle whole grain bread that is loaded with soft, wholesome deliciousness—soup and sandwich combo, anyone?



No high  
fructose corn  
syrup



Zero grams of  
trans fats

### Ingredients

ENRICHED FLOUR [UNBLEACHED WHEAT FLOUR, MALTED BARLEY FLOUR, REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), NIACIN (VITAMIN B3), FOLIC ACID], WATER, WHOLE GRAIN WHEAT FLOUR, CRUSHED WHEAT, YEAST, SUGAR, WHEAT GLUTEN, CONTAINS 2% OR LESS OF SOYBEAN OIL, WHEAT BRAN, BUTTERMILK, SALT, MONOGLYCERIDES, CULTURED WHEAT FLOUR, VINEGAR, SODIUM STEAROYL LACTYLATE, CALCIUM SULFATE, ASCORBIC ACID, WHEAT STARCH, CITRIC ACID, SESAME; MAY BE TOPPED WITH WHOLE GRAIN WHEAT FLOUR.

**Contains wheat, milk, and sesame ingredients.**

### Nutrition Facts

20 Servings per container

Serving size 1 slice (31g)

Amount per serving

**Calories 80**

% of Daily Value\*

**Total Fat 1g** 1%

Saturated Fat 0g 0%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

**Cholesterol 0mg** 0%

**Sodium 130mg** 6%

**Total Carbohydrate 15g** 5%

Dietary Fiber 1g 4%

Soluble Fiber 0g

Insoluble Fiber 1g

Total Sugar 2g

Includes 1g Added Sugars

**Protein 3g**

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.8mg 4%

Potassium 60mg 2%

Thiamine 0.12mg 10%

Riboflavin 0.07mg 6%

Niacin 1.1mg 6%

Folate (Folic Acid) 8%

