

Food Menu Report: Artisan Bread

Item Name	Ingredient Statement	Allergen Statement
Loaves		
100% Whole Grain Hearth	100% Whole Grain Bread (Whole Grain White Wheat Flour, Water, 10-Grain Cereal [Cracked Whole Wheat, Rye Meal, Corn Meal, Oats, Rye Flour, Soy Grits, Sunflower Seeds, Crushed Triticale, Barley Flakes, Millet, Flaxseed], Clover Honey, Sea Salt, Yeast, Ascorbic Acid).	Contains Soy, Wheat.
Asiago Cheese	Asiago Cheese Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Asiago Cheese [Pasteurized Milk, Cheese Cultures, Enzymes], Sea Salt, Yeast, Malt, Ascorbic Acid).	Contains Milk, Wheat.
Challah	Challah Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Organic Eggs, Sugar, Butter [Cream, Salt, Milk], Milk Powder, Sea Salt, Yeast).	Contains Egg, Milk, Wheat.
Ciabatta	Ciabatta Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron,Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast, Ascorbic Acid.	Contains Wheat.
Classic 10 Grain	Classic 10 Grain Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, 10-Grain Cereal [Cracked Whole Wheat, Rye Meal, Corn Meal, Oats, Rice Flour, Soy Grits, Sunflower Seeds, Crushed Triticale, Barley Flakes, Millet, Flaxseed], Stone Ground Whole Wheat Flour, Clover Honey, Sea Salt, Yeast, Ascorbic Acid).	Contains Soy, Wheat.
French Baguette	French Boule/Baguette (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast, Malt, Ascorbic Acid).	Contains Wheat.
French Boule	French Boule/Baguette (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast, Malt, Ascorbic Acid).	Contains Wheat.
Grains of the Earth	Grains of the Earth Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, 10-Grain Cereal [Cracked Whole Wheat, Rye Meal, Corn Meal, Oats, Rice Flour, Soy Grits, Sunflower Seeds, Crushed Triticale, Barley Flakes, Millet, Flaxseed], Stone Ground Whole Wheat, Honey, Sea Salt, Yeast, Ascorbic Acid).	Contains Soy, Wheat.
Jalapeno Cheddar	Settler's Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Rye Chops, Sea Salt, Ascorbic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto [Vegetable Color]), Jalapeno Peppers, Flour [Enriched Bleached Wheat Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour], Garlic.	Contains Milk, Wheat.
New York Salt Rye	New York Rye Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Rye Flour, Sea Salt, Caraway Seeds, Yeast, Sugar, Lactic Acid, Acetic Acid).	Contains Wheat.
Pan Focaccia	Ciabatta Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron,Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast, Ascorbic Acid.	Contains Wheat.
Pano Toscano	Pano Toscano (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast).	Contains Wheat.
Raisin Walnut	Raisin Walnut Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Dark Raisins, Golden Raisins, Walnuts, Buttermilk, Honey, Orange Peel, Sea Salt, Yeast, Ascorbic Acid).	Contains Milk, Tree Nuts, Wheat.
Rosemary Olive	Settler's Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Rye Chops, Sea Salt, Ascorbic Acid), Kalamata Olives (Kalamata Olives, Water, Red Wine Vinegar, Concentrated Grape Juice, Sea Salt), Rosemary.	Contains Wheat.
Rustic Country	Rustic Country Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast, Malt, Ascorbic Acid).	Contains Wheat.
Semolina	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Semolina Flour (Semolina [Milled from Durum Wheat], Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid), Honey, Salt (Salt and Yellow Prussiate of Soda), Bread Dough (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Enzymes [Contains Wheat] and 2% or Less of Each of the Following: Ascorbic Acid [Vitamin C], Soybean Oil), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Wheat.
Settler's	Settler's Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Rye Chops, Sea Salt, Ascorbic Acid).	Contains Wheat.
Sourdough	Sourdough Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sour Dough Culture, Sea Salt, Ascorbic Acid).	Contains Wheat.
Sourdough, Roasted Garlic	Roasted Garlic Sour Dough (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barly Flour, Water, Sourdough Culture, Whole Garlic, Sea Salt, Ascorbic Acid).	Contains Wheat.
Sprouted Grain	Sprouted Grain Bread (Sprouted Organic Whole Wheat Flour, Water, Top Grain Mix [Oat Flakes, Cracked Wheat, Sunflower Seeds, Flax Seeds, Millet], 9-Grain Cereal [Blended Wheat{Triticale}, Rye Meal, Cornmeal, Oats, Rice Flour, Soy, Barley, Millet, And Flax], Honey, Yeast, Vital Wheat Gluten, Sea Salt, Ascorbic Acid).	Contains Soy, Wheat.
Toasted Onion Rye	Toasted Onion Rye Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Rye, Flour, Sea Salt, Dehydrated Onions, Caraway Seeds, Yeast, Sugar, Lactic Acid, Acetic Acid).	Contains Wheat.
Unbleached White Sandwich	Unbleached White Sandwich Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast, Malt, Ascorbic Acid).	Contains Wheat.
Rolls		
100% Ancient Grains Roll	100% Ancient Grains Bread Base (Spelt Flour [Wheat], Einkorn Wheat Flour, Whole Emmer Wheat Flour, Salt, Contains 2% or Less of Each of the Following: Brown Sugar, Dried Spelt Sourdough [Spelt Flour {Wheat}, Starter Culture], Honey Powder [Wheat], Guar Gum, Cellulose Gum, Locust Bean Gum, Ascorbic Acid, Enzymes [Contains Wheat]), Water, Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Wheat.
Asiago Cheese Roll	Asiago Cheese Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Asiago Cheese [Pasteurized Milk, Cheese Cultures, Enzymes], Sea Salt, Yeast, Malt, Ascorbic Acid).	Contains Milk, Wheat.

Caraway Rye Roll	Rye Bread Base (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rye Flour, Soybean Oil, Salt and 2% or Less of Each of the Following: Sugar, Ground Caraway Seed, Calcium Stearoyl Lactylate (CSL), Calcium Propionate (Preservative), Molasses Powder (Molasses, Wheat Starch), Acetic Acid, Lactic Acid, Fumaric Acid, Monocalcium Phosphate, Ground Dill Seed, Calcium Carbonate, Onion Powder, Corn Starch, Enzymes (Contains Wheat), Potassium Iodate, Ascorbic Acid (Vitamin C), Natural Flavor), Water, Yeast, Vegetable Oil (Soybean Oil).	Contains Wheat.
Ciabatta Roll	Water, Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Coarse Sea Salt, Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Wheat.
Focaccia Roll	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Salt (Salt and Yellow Prussiate of Soda), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Wheat.
French Roll	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Flour, High Gluten- ingredient, Coarse Sea Salt, Bread Dough (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Enzymes [Contains Wheat] and 2% or Less of Each of the Following: Ascorbic Acid [Vitamin C], Soybean Oil), Malt Syrup (Corn, Malt), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Kosher Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]).	Contains Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat.
Salt Rye Hard Roll	New York Rye Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Rye Flour, Sea Salt, Caraway Seeds, Yeast, Sugar, Lactic Acid, Acetic Acid).	Contains Wheat.
Hard Roll	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Bread Base (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Dextrose, Sugar, Soybean Oil and 2% or Less of Each of the Following: Corn Starch, Mono- and Diglycerides, Defatted Soy Flour, Ascorbic Acid (Vitamin C), Enzymes (Contains Wheat), L-Cysteine Hydrochloride), Yeast.	Contains Soy, Wheat.
Jalapeno Cheddar Roll	Settler's Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Rye Chops, Sea Salt, Ascorbic Acid), Cheddar Cheese (Pasteurized Milk, Cheese Cultures, Salt, Enzymes and Annatto [Vegetable Color]), Jalapeno Peppers, Flour (Enriched Bleached Wheat Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour), Garlic.	Contains Milk, Wheat.
New York Salt Rye Roll	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Flour, High Gluten- ingredient, Flour, Rye Chops Coarse- ingredient, Flour (Enriched Bleached Wheat Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour), Dough Bread, 2x Heart of Rye- ingredient, Caraway Seed, Olive Oil (100% Olive Oil), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid), Kosher Salt (Salt, Yellow Prussiate of Soda [Anti-caking Agent]), Bread Dough (Enriched Wheat Flour [Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Enzymes [Contains Wheat] and 2% or Less of Each of the Following: Ascorbic Acid [Vitamin C], Soybean Oil), Malt Syrup (Corn, Malt).	Contains Egg, Fish, Milk, Peanut, Shellfish, Soy, Tree Nuts, Wheat.
Pumpnickel Roll	Pumpnickel Bread Base (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Wheat Flour, Rye Flour, Whole Grain Rye Meal and 2% or Less of Each of the Following: Salt, Caramel Color, Wheat Gluten, Soybean Oil, Ground Caraway Seed, Sugar, Lactic Acid, Calcium Propionate (Preservative), Ground Dill Seed, Enzymes (Contains Wheat), Ascorbic Acid (Vitamin C)), Water, Yeast, Vegetable Oil (Soybean Oil).	Contains Wheat.
Seeded Ancient Grains Roll	Water, Ancient Grains Crusty Bread Base (Hulled Sunflower Seeds, Whole Einkorn Wheat Flour, Whole Emmer Wheat Flour, Whole Grain Oats, Rye Meal [Wheat], Vital Wheat Gluten, Rye Flour, Whole Wheat Flour, Malted Barley Flour, Salt, Dehydrated Potatoes [Potato, Mono- and Diglycerides, Sodium Acid Pyrophosphate, Citric Acid], Contains 2% or Less of Each the following: Guar Gum, Rye Flour, Soy Lecithin, Honey Powder [Wheat], Locust Bean Gum, Fermented Lactic Acid, Wheat Flour, Corn Starch, Acetic Acid, Monocalcium Phosphate, Yeast, Enzymes), Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Flour (Enriched Bleached Wheat Flour [Bleached Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour), Instant Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid).	Contains Soy, Wheat.
Poppy Seed Seeded Hard Roll	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Blue Poppy Seeds, Bread Base (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Dextrose, Sugar, Soybean Oil and 2% or Less of Each of the Following: Corn Starch, Mono- and Diglycerides, Defatted Soy Flour, Ascorbic Acid (Vitamin C), Enzymes (Contains Wheat), L-Cysteine Hydrochloride), Yeast.	Contains Soy, Wheat.
Sesame Seed Seeded Hard Roll	Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Sesame Seeds, Bread Base (Enriched Wheat Flour (Wheat Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Salt, Dextrose, Sugar, Soybean Oil and 2% or Less of Each of the Following: Corn Starch, Mono- and Diglycerides, Defatted Soy Flour, Ascorbic Acid (Vitamin C), Enzymes (Contains Wheat), L-Cysteine Hydrochloride), Yeast.	Contains Soy, Wheat.
Asiago Cheese Stick	Asiago Cheese Bread (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Asiago Cheese [Pasteurized Milk, Cheese Cultures, Enzymes], Sea Salt, Yeast, Malt, Ascorbic Acid).	Contains Milk, Wheat.
Seasoned Croutons	Italian Bread (Enriched Unbleached Flour [Wheat Flour, Malted Barley Flour, Niacin, Ferrous Sulfate, Thiamin Mononitrate, Riboflavin, Folic Acid, Potassium Bromate], Water, Salt, Yeast, Dextrose, Sugar, Soy Oil, Corn Starch, Mono-Diglycerides, Soy Flour, Potassium Bromate, Ascorbic Acid, L. Cysteine, Enzyme), Butter (Pasteurized Cream, Salt), Garlic Salt (Salt, Dehydrated Garlic, less than 2% Silicon Dioxide added to prevent caking), Onion Salt (Salt, Onion, Sodium Silico Aluminate [Added To Make Free Flowing], And Onion Oil), Oregano, Dried Basil Leaves, Dried Parsley Flakes.	Contains Milk, Soy, Wheat.
Tuscan Flat Bread	Pano Toscano (Unbleached Unbromated Enriched Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Malted Barley Flour, Water, Sea Salt, Yeast).	Contains Wheat.

## Food Menu Report: Bakery Breads

Item Name	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Breads										
Bakery, 100% Ancient Grains Bread	90	0	0	0	0	240	18	1	1	3
Bakery, Einkorn & Emmer Ancient Grains Bread	100	2	0	0	0	180	17	2	1	4
Bakery, Seeded Ancient Grains Bread	100	1.5	0	0	0	190	17	2	0	4
Challah Bread, 16 oz.	90	2	0	0	5	160	15	1	2	3
English Muffin Bread, 20 oz.	70	0	0	0	0	120	14	1	1	3
English Muffin Bread, Half Loaf	70	0	0	0	0	120	14	1	1	3
Focaccia Bread	80	1	0	0	0	240	15	1	0	3
Marble Rye Bread, 16 oz.	80	0	0	0	0	170	14	1	0	3
Pumpernickel Bread, 16 oz.	80	0	0	0	0	160	14	1	1	3
Pumpkin Bread	80	1	0	0	0	110	15	1	2	3

**Food Menu Report: Bakery Buns**

Item Name	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Buns										
100% WHOLE GRAIN COCKTAIL BUNS	100	1.5	0	0	5	160	17	3	4	4
100% WHOLE GRAIN HAMBURGER BUNS	160	2.5	0	0	5	270	28	4	6	7
100% WHOLE GRAIN HOT DOG BUNS	160	2.5	0	0	5	270	28	4	6	7
ASIAGO CHEESE HAMBURGER BUNS	140	3	2	0	10	370	23	1	1	6
BRAT BUNS, WHITE	170	2	0	0	0	310	33	1	5	6
Bun, Wheat Tenderloin	210	2	0.5	0	10	340	41	3	7	7
COCKTAIL BUNS	80	1	0	0	0	140	15	1	2	3
HAMBURGER BUNS	140	1.5	0	0	0	250	26	1	4	5
HOAGIE BUNS	240	1	0	0	0	480	50	2	2	8
HOT DOG BUNS	140	1.5	0	0	0	250	26	1	4	5
Hy-Waiian, Bun, Brat	150	2.5	1.5	0	15	160	28	1	8	5
Hy-Waiian, Bun, Cocktail	80	1.5	0.5	--	10	90	15	1	4	3
Hy-Waiian, Bun, Hamburger	150	2.5	1.5	0	15	160	28	1	8	5
Hy-Waiian, Bun, Hot Dog	150	2.5	1.5	--	15	160	28	1	8	5
Hy-Waiian, Bun, Slider	80	1.5	0.5	0	10	90	15	1	4	3
JALAPENO & CHEDDAR HAMBURGER BUNS	120	2.5	1	0	5	290	21	1	0	5
JUNIOR BUNS	90	0.5	0	0	0	170	18	1	3	3
ONION HAMBURGER BUNS	140	1.5	0	0	0	240	26	1	4	5
SESAME SEED HAMBURGER BUNS	140	2	0.5	0	0	240	26	1	4	5
SLIDER BUNS	100	1	0	0	0	180	20	1	3	3
SUB BUNS	230	2.5	0.5	0	0	420	45	2	7	8
SUBMARINE BUNS	230	2.5	0.5	0	0	420	45	2	7	8
TENDERLOIN BUN	230	2.5	0.5	0	0	420	45	2	7	8
WHEAT COCKTAIL BUNS	80	0.5	0	0	5	120	15	1	3	3
WHEAT HAMBURGER BUNS	130	1.5	0	0	5	210	26	2	5	5
WHEAT HOT DOG BUNS	130	1.5	0	0	5	210	26	2	5	5
WHEAT JUNIOR BUNS	90	1	0	0	5	150	18	1	3	3
WHEAT SLIDER BUNS	100	1	0	0	5	160	19	1	3	4
WHEAT SUB BUNS	210	2	0.5	0	10	340	41	3	7	7

**Food Menu Report: Bakery Bagels**

Item Name	Quantity	Measure	Calories	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Carb (g)	TotFib (g)	Sugar (g)	Prot (g)
Bagels												
Bagel bites, Asiago Cheese	1	Serving	90	3	1.5	0	10	150	12	1	1	5
Bagel bites, Blueberry	1	Serving	90	0	0	0	0	130	19	1	2	3
Bagel bites, cherry	1	Serving	70	0	0	0	0	120	15	1	2	3
Bagel bites, chocolate chip	1	Serving	90	0	0	0	0	130	19	1	2	3
Bagel bites, cinnamon crunch	1	Serving	80	1	0	0	0	100	17	1	4	2
Bagel bites, cinnamon raisin	1	Serving	90	0	0	0	0	120	19	1	3	3
Bagel bites, Everything	1	Serving	90	0	0	0	0	130	18	1	1	3
Bagel bites, French Toast	1	Serving	80	1	0	0	0	100	17	1	4	2
Bagel bites, Multi Grain	1	Serving	110	1	0	0	0	130	22	1	2	4
Bagel bites, Onion Poppy seed	1	Serving	90	0	0	0	0	130	18	1	1	3
Bagel bites, plain	1	Serving	90	0	0	0	0	135	18	1	1	3
Bagel Bites, Poppy seed	1	Serving	90	0	0	--	0	135	18	1	1	3
Bagel Bites, Sesame seed	1	Serving	90	0	0	--	0	135	18	1	1	3
Bagel, Asiago Cheese	1	Serving	340	12	6	0	30	590	46	2	3	19
Bagel, Blueberry	1	Serving	350	1	0	0	0	510	75	2	6	12
Bagel, Cherry	1	Serving	280	1.5	0	0	0	470	61	2	8	10
Bagel, Cherry Flavored	1	Serving	280	1.5	0	0	0	470	61	2	8	10
Bagel, Chocolate Chip	1	Serving	350	1	0	0	0	510	75	2	6	12
Bagel, Cinnamon Crunch	1	Serving	320	3.5	1	0	0	400	67	2	15	9
Bagel, Cinnamon Raisin	1	Serving	350	1	0	0	0	480	76	3	10	12
Bagel, Everything	1	Serving	340	1	0	0	0	520	73	2	2	12
Bagel, French Toast	1	Serving	330	3.5	1	0	0	400	67	2	15	9
Bagel, Multi Grain	1	Serving	430	3	0.5	0	0	510	89	4	6	16
Bagel, Onion Poppy Seed	1	Serving	340	1	0	0	0	520	73	2	2	12
Bagel, Plain	1	Serving	340	1	0	0	0	530	72	2	2	12
Bagel, Poppy seed	1	Serving	340	1	0	--	0	530	72	2	2	12
Bagel, Sesame seed	1	Serving	340	1	0	--	0	530	72	2	2	12