



A warm fresh slice of the good life

BREAD NUTRITION

Type of Flour		Bread Variety	"A Fare of the Heart"	Serving Size	Nutrition Informaton										Allergens					
Fresh Ground 100% Whole Wheat	Other				Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Egg Wash	Tree Nuts	Peanuts	Soy	Dairy**
	W	American Rye	X	50g	100	0	0	0	0	310	21	2	2	3		X				
X		Apple-Cinnamon Chip-Walnut		50g	120	2	0	0	0	290	23	3	6	3	X	X	X			
X	W	Apple Crumble		50g	140	2.5	1.5	0	10	200	26	2	8	3	X	X				X
X		Apple Walnut Cream Cheese		42g	130	6	3.5	0	15	100	16	1	9	2	X	X	X			X
X		Apricot Almond	X	50g	100	1.5	0	0	0	200	21	3	4	3	X		X			
X	W	Asiago Pesto		50g	130	5	2	0	10	370	17	2	2	5	X	X				X
	W	Baguette (plain)		50g	100	0	0	0	0	230	21	1	0	3	X					
X	W	Basil Parmesan	X	50g	120	1	0.5	0	0	320	23	2	4	4	X	X				X
X	W	Blueberry Poppy Seed Vanilla		50g	120	1	0	0	0	340	24	3	6	3	X	X				X
	W	Bruschetta Twist		50g	90	2	0.5	0	5	250	16	1	2	3	X					X
	W	Butterscotch Pecan		43g	150	10	2	0	30	110	18	<1	9	3	X	X				X
X	W	Caramel Apple		50g	120	0.5	0	0	0	210	26	3	7	3	X			X		

W-Unbleached/Unbromated White Flour

*Approved by the Methodist Health System as being low in fat, cholesterol and sodium.

**may contain butter, milk products and cheese

Type of Flour		Bread Variety			Nutrition Informaton										Allergens						
Fresh Ground 100% Whole Wheat	Other		"A Fare of the Heart"*	Serving Size	Calories	Total Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	Carbohydrate	Fiber	Sugar	Protein	Wheat	Egg Wash	Tree Nuts	Peanuts	Soy	Dairy**	
X	W	Carrot Cake		43g	120	5	0	0	0	220	16	1	9	2	X						
	W	Challah	X	50g	110	0.5	0	0	15	230	23	2	0	5	X	X					
X	W	Cheddar Apple		50g	110	1.5	1	0	5	280	19	2	4	4	X	X					X
	W	Cheddar Garlic		50g	130	3	2.5	0	10	250	18	1	4	6	X	X					X
X		Cherry Almond Granola		43	120	4.5	0.5	0	15	125	18	2	7	3	X	X					X
	W	Cherry Cheesecake		50g	130	1.5	1	0	5	140	25	1	7	3	X						X
	W	Cherry Chocolate Brownie		43g	160	4.5	0	0	0	210	26	1	12	2	X						
X		Cherry Walnut		50g	120	1.5	0	0	0	260	25	3	7	4	X	X	X				
	W	Chocolate Fondue		43g	120	4	0.5	0	0	115	20	1	11	2	X						X
	W	Cinnamon Chip (White)	X	50g	130	1.5	0	0.5	0	290	25	1	6	4	X	X				X	
X		Cinnamon Chip (Whole Wheat)	X	50g	110	1	0	0	0	257	25	3	2	4	X	X					
	GW	Cinnamon Raisin (Golden Wheat)	X	50g	140	0	0	0	0	240	29	4	8	4	X						
X		Cinnamon Raisin (Whole Wheat)	X	50g	110	0	0	0	0	300	24	3	8	3	X	X					
X		Cinnamon Raisin Walnut	X	50g	120	1.5	0	0	0	290	24	3	7	4	X	X	X				
X	W	Cinnamon Swirl	X	50g	120	1	0.5	0	10	190	26	1	13	3	X	X					

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	W	Cornbread		50g	150	4	2.5	0	10	340	26	1	5	3	X	X				
X	W	Country French	X	50g	90	0	0	0	0	300	18	2	0	4	X					X
X		Cracked Pepper Parmesan		50g	120	2	1	0	5	360	20	3	3	6	X	X				X
X	W	Cranberry Orange	X	50g	120	0	0	0	0	250	27	2	8	3	X					
X		Dakota	X	50g	130	4	0.5	0	0	190	20	3	5	5	X	X				
X	W	Garden		50g	100	0	0	0	0	270	22	2	3	4	X	X				X
X		Honey Whole Wheat	X	50g	110	0	0	0	0	270	24	3	6	4	X	X				
	W	Houska		50g	130	1.5	0	0	10	190	26	1	8	3	X	X	X			
X	W	Irish Soda		50g	110	0.5	0	0	0	180	24	2	9	4	X					X
	X	Kamut	X	50g	100	0	0	0	0	320	23	3	5	3		X				
	X	Lemon Poppyseed		43g	150	7	0.5	0	25	105	18	1	7	3	X					
X	X	Nine Grain	X	50g	100	0.5	0	0	0	280	22	3	6	3	X	X				
X		Oatmeal Poppyseed		50g	110	1	0	0	0	280	23	3	5	4	X					
	W	Old Fashioned White	X	50g	120	0	0	0	0	320	26	1	4	3	X	X				
X	X	Olive Rosemary		50g	120	2	0	0	0	310	22	2	3	4	X	X				X

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X	W	Onion Dill Rye	X	50g	110	0	0	0	0	260	24	3	6	4	X					
	W	Orange Poppy Seed		50g	190	9	1	0	25	130	24	1	13	3	X	X				
	W	Peach Cobbler		50g	140	6	1	0.5	15	75	20	1	11	2	X	X				
	W	Peanut Butter Chocolate Chip		50g	150	5	1.5	0	0	320	24	2	7	5	X			X		
X	W	Popeye	X	50g	100	1.5	0.5	0	5	310	18	2	3	4	X	X				X
	W	Potato Cheddar Chive		50g	110	2	1.5	0	5	230	18	1	2	4	X	X				X
	W	Pumpkin Chocolate Chip		50g	140	2.5	1	0	20	135	28	1	17	2	X	X				
	W	Pumpkin Nut & Spice		50g	130	2	0	0	0	260	25	2	8	3	X	X	X			
	W	Red, White & Blueberry		50g	120	0	0	0	0	350	25	1	8	3	X					
X		Rhubarb Streusel		50g	130	5	1.5	0	10	200	18	2	6	2	X	X				X
	W	Santa Fe Cornbread		50g	100	2	1	0	5	240	18	1	2	3	X	X				X
	W	Sauerkraut Rye	X	50g	90	0	0	0	0	240	20	2	3	3	X	X				
X	W	S'mores		50g	120	1.5	0.5	0	0	240	25	2	7	4	X	X				
	W	Sourdough (plain)	X	50g	100	0	0	0	0	190	20	<1	0	4	X					
X	X	Sourdough, Multi-Grain	X	50g	90	2.5	0	0	0	180	15	3	0	4	X					

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X	W	Spinach Feta		50g	110	1.5	1	0	5	330	20	2	4	4	X						X
X	W	Strawberry Cobbler		43g	140	6	1.5	0	20	90	19	1	7	3	X	X					X
X		Stuffing Bread		50g	90	0	0	0	0	350	20	3	5	3	X	X					
X		Sunflower Whole Wheat	X	50g	18	2	0	0	0	260	22	3	6	4	X						
X	W	Swedish Rye		50g	120	0.5	0	0	0	290	25	4	4	4	X	X					
X	W	Tahitian Surprise		50g	130	3	0.5	0	0	190	22	2	7	4	X		X				X
X	X	Tangy Cranberry		43g	130	5	0	0	20	120	20	2	9	2	X						
X	W	Tomato Herb	X	50g	90	0	0	0	0	260	20	2	3	4	X	X					
X		Trail Mix		50g	120	1.5	0	0	0	280	24	3	8	4	X	X	X				
	X	Wheat-Free (Banana)	X	34g	80	3.5	2	0	20	180	12	1	5	1		X					
	X	Wheat-Free (Cinnamon Chip)	X	34g	90	3	1	0.5	15	50	15	1	5	2		X				X	X
	X	Wheat-Free Cornbread	X	34g	80	2	1	0	30	320	14	0	7	1		X					X
	X	Wheat-Free--Dairy Free (Plain)		34g	70	1	0	0	20	135	13	2	3	2		X					
	X	Wheat-Free (Plain)	X	34g	80	2.5	1	0	15	55	14	1	3	2		X					X
	X	Wheat-Free (Pumpkin)	X	34g	90	3	0	0	15	115	16	2	6	2		X					

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	W	White Chocolate Cherry Swirl		50g	120	2.5	1.5	0	0	240	23	1	10	3	X	X				X
X		Whole Grain Low Carb Cheddar Garlic	X	28g	70	3	1.5	0	10	140	6	1	2	5	X	X			X	X
X		Whole Grain Low Carb Cinnamon Burst	X	28g	70	2.5	0	0	5	120	9	2	3	4	X	X			X	
X		Whole Grain Low Carb Cinnamon Raisin Walnut	X	28g	70	2.5	0	0	5	115	7	2	3	4	X	X			X	
X		Whole Grain Low Carb Dakota	X	28g	70	3.5	0	0	5	110	6	2	2	4	X	X			X	
X		Whole Grain Low Carb - The Carburetor	X	28g	60	2	0	0	5	130	6	2	2	4	X	X			X	
X		Whole Wheat Banana Bread	X	50g	90	1.5	0.5	0	20	230	17	2	7	2	X	X				X

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