

Nutrition Facts

Serving Size 2.25 oz (64g)
Servings Per Container 84

Amount Per Serving

Calories 210 Calories from Fat 60

% Daily Value*

Total Fat 6g 10%

Saturated Fat 2.5g 12%

Trans Fat 0g

Cholesterol 5mg 1%

Sodium 90mg 4%

Total Carbohydrate 34g 11%

Dietary Fiber 2g 10%

Sugars 8g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Lupita's Choc Concha 51% Whole Grain

Code #1454

Federal Reimbursable Meal Pattern Contributions:
2.0 Bread/Bread Alternate

Allergen Statement: Contains Wheat, Milk, Egg, Soy.



Stephen Lord

7/1/2012

Date

BREAD INGREDIENTS: WHOLE WHEAT FLOUR (WHEAT, MALTED BARLEY FLOUR, ENRICHED WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING [SOYBEAN OIL, VEGETABLE MONO AND DIGLYCERIDES, TOCOPHEROLS (VITAMIN E), AND VITAMIN C PALMITATE (AS ANTIOXIDANTS)], DEXTROSE, DRIED WHOLE EGGS, SALT, SODIUM STEAROYL LACTYLATE (DOUGH CONDITIONER), SOY FLOUR, DRIED WHEY (MILK), ARTIFICIAL FLAVOR, YELLOW 5, YELLOW 6, WATER, DRY YEAST, CINNAMON POWDER. TOPPING INGREDIENTS: BREAD FLOUR (WHEAT FLOUR, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, NIACIN, IRON, THIAMINE, MONONITRATE, RIBOFLAVIN ENZYME, FOLIC ACID), PALM SHORTENING, POWDER SUGAR, GRANULATED SUGAR, COCOA POWDER.