

Nutrition Facts

Serving Size 2.25 oz (64g)

Servings Per Container

Amount Per Serving

Calories 200 Calories from Fat 60

% Daily Value*

Total Fat 7g 11%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 150mg 6%

Total Carbohydrate 31g 10%

Dietary Fiber 3g 11%

Sugars 10g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 8%

*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

Orange Mini Pound 51% Whole Grain

Code #1457

Federal Reimbursable Meal Pattern Contributions:

2.0 Bread/Bread Alternate

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


Jack Lord

6-15-12
Date

INGREDIENTS: WHOLE WHEAT FLOUR, SUGAR, BLEACHED ENRICHED WHEAT FLOUR (WHEAT FLOUR WITH NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), MODIFIED FOOD STARCH, SOYBEAN OIL, DRIED WHEY (MILK), LEAVENING (SODIUM ALUMINUM PHOSPHATE, SODIUM BICARBONATE), DRY YEAST, BAKING POWDER, EMULSIFIER (PROPYLENE GLYCOL MONO AND DIESTERS OF FATS AND FATTY ACIDS, MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, ASCORBIC ACID), SALT, VITAL WHEAT GLUTEN, ARTIFICIAL FLAVOR, WATER, EGG.