

Nutrition Facts

Serving Size 2.75 oz (78g)

Servings Per Container

Amount Per Serving

Calories 250 Calories from Fat 70

% Daily Value*

Total Fat 8g 12%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 110mg 5%

Total Carbohydrate 41g 14%

Dietary Fiber 3g 12%

Sugars 10g

Protein 6g

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 Wheat

Code #1454

Federal Reimbursable Meal Pattern

Contributions: 2.75 Bread/Bread Alternate

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



BREAD INGREDIENTS: Bleached Wheat Flour (Enriched with Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Sugar, Partially Hydrogenated Soybean Oil, Vital Wheat Gluten, Nonfat Dry Milk, Mono and Diglycerides, Dried Whole Egg, Artificial Flavors, Salt, Dough Conditioner (Calcium Sulfate, Salt, Starch, Ammonium Sulfate, L-Cysteine, Ascorbic Acid, Azodicarbonamide), Leavening (Monocalcium Phosphate, Sodium Bicarbonate), Calcium Propionate, Yellow 5, Yellow 6, Enzyme, Dry Yeast, Water, Cinnamon Powder. TOPPING INGREDIENTS: Bread Flour (Wheat Flour, Ascorbic Acid added as Dough Conditioner, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Palm Oil, Powder Sugar, Granulated Sugar, Cocoa Powder.