

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 8%	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	

Lupita's Mini Pound 51% Whole Grain

Code #1455

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, WATER, EGG.