



51% Whole Wheat Breakfast Round [Fred] (9000) 3oz 48 cnt - 9000

Nutrition Facts	
Serving Size One Serving (85 g)	
Servings Per Container 1	
Amount Per Serving	
Calories 350	Calories from Fat 140
% Daily Value*	
Total Fat 15g	24%
Saturated Fat 8g	39%
Trans Fat 0g	
Cholesterol 30mg	11%
Sodium 270mg	11%
Total Carbohydrate 51g	17%
Dietary Fiber 4g	15%
Sugars 25g	
Protein 6g	12%
Vitamin A	4%
Vitamin C	0%
Calcium	2%
Iron	10%

INGREDIENTS: FLOUR (WHOLE WHEAT FLOUR, ROLLED OATS, ENRICHED WHEAT FLOUR [Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), SUGAR, BUTTER, CARROTS, CHOCOLATE CHIPS (Sugar, Chocolate Liquor, Cocoa Butter, Soy Lecithin, Artificial Flavoring), PALM OIL, EGGS, WATER, MOLASSES, GROUND FLAXSEED, SODIUM BICARBONATE, SALT, VANILLA EXTRACT

CONTAINS: EGGS, WHEAT, MILK AND SOY

Provides 2.0 oz. Equivalent Grains
Noncreditable grains <2%
Whole Grain 76 %
Enriched flour 24%

Bob Alt
C.O.O
Great Northern Baking Company