

<b>NOVEMBER 2024</b>	Ingredients	Fat	Trans Fat	Chol	Sodium	Carbs	Fiber	Sugar	Protein	Calories	Calories from fat
<b>Challah</b>	Enriched white flour, water, honey, eggs, yeast and salt	8.5g/1%	0g	10mg/0%	220mg/9%	23g/8%	2g/7%	5g	4g	110	5
<b>Cherry Walnut</b>	Whole wheat flour, water, yeast, salt, honey, cherries, walnuts										
<b>Cinnamon Cranberry Walnut</b>	Enriched white flour, sugar, salt, yeast, cinnamon, egg, canola oil, water, almond, dried cranberries, walnuts										
<b>Extreme Cinnamon Chip</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, yeast, and salt	3g/8%	0g	0mg/0%	330mg/15%	25g/13%	1g/1%	9g	4g	180	25
<b>Extreme Cinnamon Salt</b>	Enriched white flour, water, cinnamon chips*, corn sweetener, margarine, brown sugar, yeast and salt	3g/8%	0g	0mg/0%	290mg/13%	34g/13%	1g/1%	14g	3g	170	20
<b>Harvest White</b>	Enriched white flour, water, yeast, corn sweetener and salt	8g/1%	0g	0mg/0%	380mg/16%	37g/16%	1g/1%	5g	4g	140	5
<b>Honey Whole Wheat</b>	Freshly milled wheat flour of the highest protein content mixed together with water, honey, yeast and salt	8.5g/1%	0g	0mg/0%	220mg/9%	25g/9%	4g/14%	6g	5g	120	5
<b>Italian Sourdough</b>	Enriched white flour, water, sourdough starter, yeast and salt	1g/1%	0g	0mg/0%	460mg/20%	25g/9%	1g/2%	0g	4g	130	10
<b>Jov's Rye</b>	Whole wheat flour, water, rye flour, enriched white flour, honey, yeast, caramel coloring, cream of tartar, and salt	8.5g/1%	0g	0mg/0%	360mg/17%	20g/11%	3g/14%	6g	4g	140	5
<b>Lo Carb 9 Grain</b>	Freshly milled whole wheat flour, water, honey, wheat gluten, egg 3-grain mix (barley, buckwheat, corn, flax, millet, oats, red wheat, rye, white wheat), wheat bran, calcium, oak, ferrous, yeast, oil, and salt	2.5g/4%	0g/0%	0mg/0%	280mg/12%	15g/6%	3g/1%	4g	7g	120	0
<b>Maple Rye</b>	Whole wheat flour, enriched white flour, water, honey, corn sweetener, rye flour, cream of tartar, yeast, caramel coloring, and salt	8.5g/1%	0g	0mg/0%	330mg/15%	27g/9%	2g/7%	5g	4g	130	5
<b>Parmesan Sourdough</b>	Enriched white flour, water, sourdough starter, yeast, parmesan cheese, and salt	1g/1%	0g	0mg/0%	480mg/20%	25g/9%	1g/2%	0g	4g	120	10
<b>Dragon Bread</b>	White flour, water, corn sweetener, apricot, microwaved cheese, seasoned peppers, yeast, oil, onion, and salt										
<b>Pumpkin Chocolate Chip Butter Bread</b>	Enriched white flour, pumpkin, white sugar, chocolate chips, canola oil, eggs, cinnamon, vanilla, salt, baking soda, baking powder, allspice	8g/14%	1.5g	25mg/8%	120mg/5%	25g/8%	1g/1%	15g	2g	180	80
<b>Pumpkin Butter Bread</b>	Enriched white flour, pumpkin, white sugar, canola oil, eggs, cinnamon, vanilla, salt, baking soda, baking powder, allspice	8g/12%	0	20mg/7%	120mg/5%	24g/8%	1g/1%	14g	2g	180	70
<b>Pumpkin Roll</b>	Cream cheese, sugar, pumpkin, eggs, powdered sugar, enriched white flour, butter, cinnamon, baking powder, vanilla, salt, nutmeg, and ginger	12g/18%	0g	85mg/28%	220mg/9%	30g/12%	1g/1%	28g	4g	260	110
<b>Rockledge Crunch</b>	Whole wheat flour, white flour, yeast, water, salt, corn sweetener, 3-grains, raisins, oak, cranberries, ascorbic acids and vanilla. Top house light glycerol	8.5g/1%	0g	0mg/0%	270mg/12%	27g/12%	2g/8%	5g	4g	120	5
<b>White Cheddar Garlic</b>	Enriched white flour, water, corn sweetener, yeast, cheddar cheese, onion, garlic, salt	2.5g/3%	0g	10mg/3%	260mg/11%	21g/8%	1g/2%	2g	5g	130	25

Serving Size: 8g (2 oz). There are 15 servings in a 100g loaf. \*\*Serving Size: 1/4 loaf (125g). Ingredients made in "Amount/Sheet Daily Values" are based on a 2000 calorie diet. Nutritional values for breads with fillings or toppings such as nuts, grains or cheese are approximate only. Cinnamon chips contain sugar, palm oil, cinnamon, modified dry milk, and egg whites. All SHELDON BAKERY CONTAINS TRACES OF SOY.