Ultra Energy (Oatmeal Bar): **no weight of grain listed** – cannot accept this spec sheet. Use grain/bread chart to determine gain credit.

Oatmeal Bar

ULTRA ENERGY²
100% Whole Wheat Protein Energy Squares

CODE #: 6080
UPC ITEM #: 0 91464 60800 0

Nutrition Facts
Serving Size 2.3 oz (64g)
Servings Per Container 1

Amount Per Serving

Calories 200 Calories from Fat 45

	% Daily Value*
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Potassium 200mg	6%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 16g	
Protein 4g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 6%
Thiamine 6%	Riboflavin 2%
Niacin 6%	Folic Acid 0%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Shelf Life
Frozen: 9-12 months
After Thawed: 21 days

Product Contribution
2 Breads
Diabetic Exchange: 2 ½ breads + 1 fat Carb Counting = 36g

MEETS **AHG** & **HUSSC**

INGREDIENTS
100% WHOLE WHEAT FLOUR, WATER, SUGAR, ROLLED OATS, DATES, SOYBEAN OIL, MOLASSES. CONTAINS 2% OR LESS OF THE FOLLOWING: DISTILLED MONOGLYCERIDE, BAKING SODA, MODIFIED CORN STARCH, SPICE (CINNAMON), SALT, EGG WHITE, NATURAL FLAVOR.

CONTAINS: WHEAT, SOY AND EGG

SUGGESTED BID SPEC
ULTRA 100% Whole Wheat Energy²- Protein Energy Squares code # 6080 90/2.3oz Frozen IW Twin Pk. 2 servings of bread; 0g trans fat; meets 30-10-30 guidelines. Made with 100% whole wheat flour, including a maximum of 190mg of sodium, 200mg of Potassium. Must supply a minimum 4g of protein, 3g of fiber, 6% of Iron. No Artificial Flavors, Colors and Preservatives, Peanut Free Product. Made in the USA. Preferred brand Super Bakery's ULTRA 100% Whole Wheat Energy² – Protein Energy Squares. Product analysis required.

case	90
case dimensions	18.25" L x 12.25" W x 5.50" H
case cube	0.712
case weight	14.5 lbs.
cases per pallet	84
TIH	7 x 12

PRESIDENT, SUPER BAKERY, INC

Super Bakery 1-800-722-6841

JAN 2012

group D muffin or granola bar

64/50 = 1.25

64/55 = 1

Cinnamon Sweet Roll Dough with Whole Grain: **no weight of grain listed and no signature from manufacturer** – cannot accept this spec sheet. Use grain/bread chart to determine gain credit.

BAKER BOY

12122 Cinnamon Sweet Roll Dough with Whole Grain

Our frozen Cinnamon Sweet Roll Dough with Whole Grain makes it easy to fill your operation with the aroma of fresh-baked cinnamon sweet rolls. No mixing labor needed. Just thaw, proof and bake. Excellent source of Whole Grain per serving.

Product Information

UPC: 10710205121222
Master case dimension: 15.81 x 9.56 x 7.94
Master case cube: 0.89
Master case net weight: 18.75
Master gross weight: 19.71
Pallet Ti X Hi: 12 x 9
Shelf life: 80
Case count: 120
Servings per package: 1 per Roll
Kosher: Orthodox Union Dairy Kosher

Ingredients

Ingredients: Water, whole wheat flour, enriched bleached flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, starch added to prevent caking, high fructose corn syrup, yeast, palm oil, contains less than 2% of: salt, DATEM, dextrose, soybean oil, ascorbic acid, enzyme, mono-and diglycerides with BHT (antioxidant), proprionic acid, phosphoric acid, natural & artificial flavor, food starch-modified, apo carotenal, alpha tocopherol (to protect freshness), sodium stearoyl lactylate, wheat starch, annatto and turmeric (vegetable color), whey, egg, sodium benzoate (preservative), citric acid, beta carotene (color), vitamin A palmitate, cinnamon, milk protein concentrate and lactose. Contains: Wheat, egg, milk. May contain soy.

2.5/1.8g = 1.38 – 1.25g B

Baker Boy

NUTRITION FACTS

Serving size 1 Roll (2.5oz/71g)

Calories per serving 190	
Calories from fat 45	
Total fat 5g	7%
Saturated fat 2g	10%
Trans fat 0g	
Cholesterol 15mg	5%
Sodium 290mg	12%
Total Carbohydrates 34g	11%
Dietary fiber 3g	12%
Sugars 9g	
Protein 5g	
Vitamin A	2%
Vitamin C	0%
Calcium	4%
Iron	10%
Bread servings	2
Grams of whole grain	17.14g
Percent of whole grain	51.42%

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
Sat 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

Ultra Baked Cinnamon Bun: **Contains weight of creditable grains ("Grams of Enriched/Whole Wheat Flour: 31g) and a signature**. This spec sheet can be accepted to determine grain credit in place of a complete and signed PFS.

ULTRA® Baked Cinnamon Bun >51% Whole Wheat

CODE # 6070

UPC ITEM # 091464607003

Nutrition Facts

Serving Size 2.9 oz (82g)

Amount Per Serving 1 Bun

Calories 220 Calories from Fat 60

	% Daily Value*
Total Fat 7g	**10%**
Saturated Fat 2.5g	**13%**
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 0mg	**0%**
Sodium 250mg	**10%**
Potassium 135mg	**4%**
Total Carbohydrate 37g	**12%**
Dietary Fiber 2g	**9%**
Sugars 14g	
Protein 6g	

Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 6%
Thiamine 70%	Magnesium 2%
Riboflavin 15%	Niacin 15%
Vitamin B_6 4%	Phosphorous 2%

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Product Contribution
2 Breads
Grams of Enriched / Whole Wheat Flour: 31g

Diabetic Exchange: 2.5 breads + 1 fat Carb Counting = 37g

Ingredients

100% WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SUGAR, VEGETABLE SHORTENING (CANOLA OIL, HYDROGENATED COTTONSEED OIL, MONO-& DIGLYCERIDES, POLYSORBATE 60, CITRIC ACID ADDED AS A PRESERVATIVE), YEAST. CONTAINS 2% OR LESS OF THE FOLLOWING: DEXTROSE, WHOLE EGGS, WHEY, SOYBEAN OIL, DISTILLED MONOGLYCERIDE, SALT, SOY FLOUR, SPICE (CINNAMON), LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE), FLAVOR (NATURAL & ARTIFICIAL), GUAR GUM, CALCIUM PROPIONATE, VITAL WHEAT GLUTEN, SODIUM STEAROYL LACTYLATE (SSL), AMMONIUM SULFATE, XANTHAN GUM, CALCIUM SULFATE, CALCIUM CARBONATE, AGAR, LOCUST BEAN GUM, SOY LECITHIN ENZYMES, BETA CAROTENE, ADA (AZODICARBONAMIDE), ASCORBIC ACID, MONO-& DIGLYCERIDES.

CONTAINS: WHEAT, MILK, EGGS AND SOY.

SUGGESTED BID SPEC

ULTRA Whole Wheat Baked Cinnamon Bun code # 6070 /2.9oz Frozen IW; Baked Only; 2 servings of bread; 0g trans fat; meets 30-10-30 guidelines. Made with >51% whole wheat flour, including a minimum of 6g of protein, 2 grams of fiber; No Tropical Oils, Peanut Free Product, Made in the USA. Preferred brand Super Bakery's ULTRA Whole Wheat Baked Cinnamon Bun. Product analysis required.

Shelf Life
Frozen: 9-12 months
After Thawed: 5 – 7 days

cs/ct	72
case dimensions	16.25" L x 12.875" W x 9.25" H
case cube	1.12
case weight	15 lbs.
cases per pallet	64
TiHi	8 x 8

Kim Schwabenbauer RD. LDN
Corporate Dietitian

Super BAKERY

1-800-722-6841

JAN 2012