



6606 N. Western Avenue, Oklahoma City, OK 405-879-0330

NUTRITIONAL INFORMATION

Serving Size: 1 slice (approx. 1.4 oz.)

	Calories	Calories from Fat	Total Fat	Cholesterol	Sodium	Dietary Fiber	Sugar
Honey Whole Wheat	100	0	.5g	0mg	170mg	3g	6g
Old Fashioned White	100	0	.0g	0mg	140mg	1g	4g
Cinnamon Walnut Raisin	110	25	2.5g	0mg	135mg	3g	8g
Whole Wheat Three Seed	110	15	1.5g	0mg	160mg	3g	5g
Light Oat Cracked	100	0	.5g	0mg	135mg	1g	3g
Wyoming Sourdough	70	0	.0g	0mg	85mg	1g	0g
German Rye	90	0	.5g	0mg	200mg	2g	1g
English Muffin Bread	90	0	.0g	0mg	180mg	<1g	2g
Whole Wheat Multi Grain	110	20	2.0g	0mg	170mg	3g	2g
Jalapeno Corn Bread	100	5	.5g	0mg	190mg	2g	5g
Challah	80	15	2.0g	10mg	135mg	0g	1g
Country Wheat	90	0	.5g	0mg	220mg	3g	3g
Black Olive Garlic	60	15	2.0g	0mg	160mg	1g	1g
Italian	80	0	.0g	0mg	170mg	1g	<1g
Dillion Rye	110	0	.0g	0mg	240mg	2g	6g
Garden Herb	90	0	.0g	0mg	160mg	2g	1g
French Boule	110	0	.0g	0mg	270mg	<1g	<1g
Amish White	100	0	1.0g	0mg	170mg	1g	3g
Granola (2 oz. serving)	280	150	17g	0mg	150mg	4g	9g