

BREADS & BAGELS

UPC_EAN	Item Name	Serving	Serving Size(g)	Calories	Calories From Fat	Fat(g)	Saturated Fat(g)	Trans Fat(g)	Cholesterol(mg)	Protein(g)	Sugar(g)	Sodium(mg)	Dietary Fiber(g)	Carbohydrates(g)
0213308000003	8 GRAIN BAGELS	1 Each	113	310	15	1.5	0	0	0	10	3	420	3	60
0213337000005	ALL BUTTER CHEESE CROISSANT	1 Each	108	340	150	17	10	0	50	5	11	370	1	41
0210642000003	ASIAGO CHEESE BAGELS	1 Each	128	320	25	3	1.5	0	5	13	7	760	5	64
0210621000000	BLUEBERRY BAGELS	1 Each	128	310	10	1	0	0	0	12	8	710	5	68
0213185000004	BLUNT ROLLS	1 Each	78	230	50	5	0	0	0	7	1	400	2	40
0210679000007	BOLILLO ROLLS	1 Each	92	290	70	8	0	0	0	10	1	470	2	47
0210599000002	BUTTERED BAGEL	1 Each	156	510	210	23	14	0	60	12	8	910	5	67
0490000101522	BUTTERMILK BISCUIT DOUGH	3 oz.	90	280	120	13	8	0	0	6	3	970	1	34
0210717000006	CHOCOLATE CHIP BAGELS	1 Each	128	320	25	2.5	1	0	0	11	10	690	5	68
0210622000009	CINNAMON RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	11	680	6	69
0213309000002	CINNAMON RAISIN BAGELS	1 Each	113	310	10	1	0	0	0	10	10	410	2	63
0210044000007	CLUB ROLLS	1 Each	71	200	50	5	0	0	0	7	1	320	3	32
0212579000002	COUNTRY APPLE BAGELS	1 Each	128	320	10	1	0	0	0	11	13	670	6	70
0212581000007	CRANBERRY ORANGE BAGELS	1 Each	128	310	10	1	0	0	0	11	10	680	6	69
0210598000003	CREAM CHEESE BAGELS	1 Each	184	510	190	21	14	0	70	16	12	930	5	71
0213310000008	EGG ALL NATURAL BAGEL	1 Each	113	330	20	2.5	0	0	30	10	5	480	2	65
0210623000008	EGG BAGELS	1 Each	128	320	10	1	0	0	0	12	8	790	5	67
0210624000007	EVERYTHING BAGELS	1 Each	128	320	20	2	0	0	0	12	8	790	5	67
0213192000004	HAMBURGER ROLLS	1 Each	62	170	5	0.5	0	0	0	5	4	300	1	35
0213174000008	HOT DOG ROLLS	1 Each	57	170	5	0.5	0	0	0	5	4	270	1	32
0212584000004	JALAPENO CHEDDAR BAGELS	1 Each	128	320	30	3.5	3.5	0	5	13	8	900	6	72
0210001000002	KAISER ROLLS	1 Each	85	240	50	6	1	0	0	8	2	390	3	39
0210023000004	KNOT ROLLS	1 Each	78	240	60	6	0	0	10	8	4	240	3	37
0210626000005	ONION BAGELS	1 Each	128	310	10	1	0	0	0	12	8	710	5	68
0210035000009	ONION POCKET ROLLS	1 Each	71	150	3	0	0	0	5	4	5	230	1	29
0210014000006	ONION ROLLS	1 Each	64	170	25	3	0.5	0	0	4	4	240	4	32
0210627000004	PLAIN BAGELS	1 Each	128	310	10	1	0	0	0	12	8	720	5	67
0210628000003	POPPY SEED BAGELS	1 Each	128	320	20	2	0	0	0	12	8	710	5	67
0210512000003	PORTUGUESE ROLLS - VIEIRA	1 Each	85	200	20	2	0	0	0	8	0	420	2	40
0210944000008	PRETZEL BUNS-SANDWICH/HAMBURGER	1 Each	85	270	35	4	1	0	0	9	0	230	2	50
0210945000007	PRETZEL ROLLS-STEAK/SUBMARINE	1 Each	85	260		4	1	0	0	8	3	470	2	47
0210629000002	PUMPERNICKEL BAGELS	1 Each	128	310	10	1	0	0	0	11	7	650	6	67
0212588000000	PUMPERNICKEL RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	7	650	6	67
0212580000008	PUMPKIN RAISIN BAGELS	1 Each	128	310	10	1	0	0	0	11	11	660	5	67
0213173000009	SANDWICH ROLLS	1 Each	70	220	45	5	0	0	0	6	4	310	2	37
0210630000008	SESAME SEED BAGELS	1 Each	128	320	20	2	0	0	0	12	8	710	5	67
0212990000001	SOFT PRETZEL NUGGETS 8CT	1 each	13	35	5	0.5	0	0	0	1	0	60	0	6
0210040000001	STEAK/SAUSAGE ROLLS	1 Each	92	240	50	5	0	0	0	10	2	430	3	42
0213184000005	SUB ROLLS	1 Each	121	360	50	6	0	0	0	11	4	630	3	64
0212586000002	SUNDRIED TOMATO BAGELS	1 Each	128	310	10	1	0	0	0	12	8	730	5	68
0212071000005	TRIBECA-FRENCH DEMI BAGUETTE BREAD	1 Each	106	190	10	1	0	0	0	7	1	440	1	38
0210031000003	WHEAT KAISER ROLLS	1 Each	78	220	50	6	1	0	0	8	2	310	3	35
0210054000004	WHOLE GRAIN BAGELS	1 Each	128	310	30	3.5	0	0	0	13	9	650	10	64
0210631000007	WHOLE WHEAT BAGELS	1 Each	128	300	10	1	0	0	0	11	8	660	7	67