SINCE 1968

GALASSO'S BAKERY

White Whole Wheat 4" HB 12pk #2139

10/24/14

Nutrition Facts

Serving Size 1 Bun (64g)
Servings Per Container 12

Amount Per Serving

Calories 150	**Calories from Fat 15**
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	2%
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 270mg	**11%**
Total Carbohydrate 29g	**10%**
Dietary Fiber 3g	11%
Sugars 3g	
Protein 7g	

Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 10%
Thiamin 10%	• Riboflavin 6%
Niacin 6%	• Folate 6%

*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
Saturated 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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Water, White Whole Wheat Flour, Wheat Flour Enriched [(Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Malted Barley, Ascorbic Acid]. High Fructose Corn Syrup, Yeast, Contains 2% or less of each of the following: Vital Wheat Gluten, Soybean Oil, Salt, Calcium Propionate (A Preservative), DATEM, Mono-Glycerides, Enzymes, Ascorbic Acid, ADA. CONTAINS WHEAT.

BREAD PRODUCT SPECIFICATION

One item must be submitted for each product

16.1	grams	47 %	Enriched Flour
	grams	- %	Whole Wheat Flour
	grams	- %	Rolled Oats
	grams	- %	Cracked Wheat
18.1	grams	53 %	Whole White Wheat
34.2	grams	100 %	Total per serving

Calculation to USDA National School Lunch and Breakfast Meal Pattern

Each 2.2 oz Portion will provide 2.0 Grains/Bread (GB) servings, based on

(Check One Only)

_____ Weight per Serving

X Amount of Enriched Flour: Whole Grams @ 16 gm per GB rounding down to the nearest 1/4 GB

I certify that, to the best of my knowledge, the above and/or attached is true and correct

Name of Authorized Representative: Albert Armenta

Title: Director of Sales and Distribution

Company: GALASSO'S BAKERY

Phone: 951-360-1211 Fax: 951-360-0427

Signature: Albert Armenta

Date: 10-24-2014