

The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1290 WGR Bread 22sl 24oz Klosterman Springfield

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118813

This product contains 9g Whole Grain per serving.

This product contains 8g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1290 WGR Bread 22sl 24oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (31g)	
Servings Per Container 22	
Amount Per Serving	
Calories 70	Calories from Fat 10
<hr/>	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*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	



The Long Company Sample #118813

This product contains 9g Whole Grain per serving.

This product contains 8g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1292 WGR Sandwich Bread 24sl 24oz Klosterman Springfield

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118803

This product contains 8g Whole Grain per serving.

This product contains 8g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1292 WGR Sandwich Bread 24sl 24oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (28g)	
Servings Per Container 24	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 4%	• Folate 4%
*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	



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

The Long Company Sample #118803

This product contains 8g Whole Grain per serving.

This product contains 8g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1294 WGR Texas Toast Bread 20sl 24oz Klosterman Springfield

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118804

This product contains 10g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

1294 WGR Texas Toast Bread 20sl 24oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (34g)	
Servings Per Container 20	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
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	



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

The Long Company Sample #118804

This product contains 10g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By _____AL Bachman_____

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

100% Whole Wheat Bread #28 22sl 24oz Klosterman Springfld

INGREDIENTS: Whole Wheat Flour, Water, Wheat Gluten, Sugar, Polydextrose, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Honey, Invert Sugar, Corn Syrup, Molasses, Vinegar, Dough Conditioners (Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid), Yeast Nutrients (Ammonium Sulfate, Calcium Sulfate), Calcium Propionate (Preservative), Wheat Starch, Soy Lecithin, Vitamin D.

Contains: Wheat, Soy

The Long Company Sample #119030

This product contains 15g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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The Long Company Technical Services

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100% Whole Wheat Bread #28 22sl 24oz Klosterman Springfld

Nutrition Facts	
Serving Size 1 Slice (31g)	
Servings Per Container 22	
Amount Per Serving	
Calories 70	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Vitamin D 10%	• Thiamin 6%
Riboflavin 2%	• Niacin 4%
Folate 2%	
*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	



Jerry Prues
Klosterman Baking Company

The Long Company Sample #119030

This product contains 15g Whole Grain per serving.
This product contains 0g Enriched Wheat Flour per serving.

8/11/2016

By AL Bachman

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NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3221 Whole Grain Rich Large Breadstick 39g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Contains 2% or less of the following: Yeast, Corn Syrup, Salt, Soybean Oil, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Ammonium Sulfate, Calcium Sulfate).

Contains: Wheat

The Long Company Sample #118704

This product contains 14g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3221 Whole Grain Rich Large Breadstick 39g Klosterman Spring

Nutrition Facts	
Serving Size 1 Breadstick (39g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 10%	• Riboflavin 4%
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	



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

The Long Company Sample #118704

This product contains 14g Whole Grain per serving.

This product contains 9g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3227 3.5in Whole Grain Rich Bun F#76C 45g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat

The Long Company Sample #118647

This product contains 14g Whole Grain per serving.

This product contains 10g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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The Long Company, Independent Bakers Cooperative

20 North Wacker Drive Suite 1010 Chicago, IL 60606 312-726-4606 fax: 312-726-4625

Multi Column: 3227 3.5in Whole Grain Rich Bun F#76C 45g Klosterman Spgfld

Multi-Column

Nutrients	Per Serving	Per 100g
Basic Components		
Calories (kcal)	113.69	252.65
Calories from Fat (kcal)	14.02	31.15
Calories from SatFat (kcal)	2.73	6.07
Protein (g)	4.31	9.59
Carbohydrates (g)	20.24	44.97
Dietary Fiber (g)	1.93	4.3
Soluble Fiber (g)	0.33	0.72
Total Sugars (g)	2.78	6.18
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	7.24	16.08
Fat (g)	1.57	3.5
Saturated Fat (g)	0.3	0.67
Mono Fat (g)	0.27	0.6
Poly Fat (g)	0.63	1.4
Trans Fatty Acid (g)	0.03	0.06
Cholesterol (mg)	0	0
Water (g)	17.85	39.66
Ash (g)	0.98	2.19
Gram Weight (g)	45	100
Vitamins		
Vitamin A - IU (IU)	0	0

Nutrients	Per Serving	Per 100g
Vitamin B1 (mg)	0.18	0.41
Vitamin B2 (mg)	0.09	0.2
Vitamin B3 (mg)	1.59	3.53
Folate (mcg)	23.05	51.21
Vitamin C (mg)	0	0
Vitamin B6 (mg)	0.05	0.12
Vitamin D - IU (IU)	0	0
Vitamin E - IU (IU)	0.17	0.38
Vitamin K (mcg)	1.72	3.83
Pantothenic Acid (mg)	0.04	0.1
Vitamin B12 (mcg)	0	0
Minerals		
Calcium (mg)	50.67	112.59
Iron (mg)	1.18	2.61
Magnesium (mg)	15.43	34.29
Phosphorus (mg)	65.96	146.58
Potassium (mg)	79.7	177.1
Sodium (mg)	185.31	411.8
Zinc (mg)	0.36	0.81
Poly Fats		
Omega 3 Fatty Acid (g)	0.07	0.15
Other Nutrients		
Sugar Alcohol (g)	0	0

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3227 3.5in Whole Grain Rich Bun F#76C 45g Klosterman Spgfld

Nutrition Facts	
Serving Size 1 Bun (45g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 8%	• 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	



The Long Company Sample #118647

This product contains 14g Whole Grain per serving.

This product contains 10g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

3295 4in White Bun 85G 12ct 60g 4-2016 Klosterman

Nutrition Facts	
Serving Size 1 Bun (60g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 2%
Thiamin 6%	• Riboflavin 4%
Niacin 4%	• Folate 2%
*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	



The Long Company Sample #122367

- This product contains 0g Whole Grain per serving.
- This product contains 0g Enriched Wheat Flour per serving.
- This product contains 35g Unenriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

3295 4in White Bun 85G 12ct 60g 4-2016 Klosterman

INGREDIENTS: Wheat Flour (Wheat Flour, Malted Barley Flour), Water, Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Wheat Gluten, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat

The Long Company Sample #122367

This product contains 0g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

This product contains 35g Unenriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3470 100% Whole Wheat Bun #68 12ct 56g Klosterman Spgfld

INGREDIENTS: Whole Wheat Flour, Water, Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Ammonium Sulfate, 66 #5179 ABMauri Calcium Sulfate, Wheat Flour, Ascorbic Acid, Wheat Starch.

Contains: Wheat

The Long Company Sample #118802

This product contains 31g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3470 100% Whole Wheat Bun #68 12ct 56g Klosterman Spgfld

Nutrition Facts	
Serving Size 1 Bun (56g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
Thiamin 15%	• Riboflavin 4%
Folate 4%	
*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	



The Long Company Sample #118802

This product contains 31g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3474 4in Whole Grain Rich Bun F#76 56g 12ct Klosterman Spgfl

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118650

This product contains 17g Whole Grain per serving.

This product contains 13g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

THE LONG COMPANY
PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3474 4in Whole Grain Rich Bun F#76 56g 12ct Klosterman Spgfl

Nutrition Facts	
Serving Size 1 Bun (56g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
Thiamin 15%	• Riboflavin 6%
Niacin 10%	• Folate 8%
*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	



The Long Company Sample #118650

This product contains 17g Whole Grain per serving.

This product contains 13g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3699 Whole Grain Rich Small Breadstick 31g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Gluten, Contains 2% or less of the following: Yeast, Corn Syrup, Salt, Soybean Oil, Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Ammonium Sulfate, Calcium Sulfate).

Contains: Wheat

The Long Company Sample #118685

This product contains 11g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3699 Whole Grain Rich Small Breadstick 31g Klosterman Spring

Nutrition Facts	
Serving Size 1 Breadstick (31g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*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	



The Long Company Sample #118685

This product contains 11g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3709 Whole Grain Rich Hot Dog Bun 45g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118706

This product contains 13g Whole Grain per serving.

This product contains 11g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3709 Whole Grain Rich Hot Dog Bun 45g Klosterman Spring

Nutrition Facts	
Serving Size (45g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 8%	• 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



Klosterman Baking Company

Jerry Prues
Vice President National Accounts

The Long Company Sample #118706

This product contains 13g Whole Grain per serving.

This product contains 11g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3710 Large Boston1 12ct 40g 9-2014 Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (40g)	
Servings Per Container 12	
Amount Per Serving	
Calories 110	Calories from Fat 15
<hr/>	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 15%	• Riboflavin 8%
Niacin 10%	• Folate 10%
*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	



The Long Company Sample #119421

This product contains 0g Whole Grain per serving.

This product contains 24g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3711 Large Boston 12ct 40g 9-2014 Klosterman Cincinnati

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Citric Acid.

Contains: Wheat

The Long Company Sample #119421

This product contains 0g Whole Grain per serving.

This product contains 24g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



8/11/2016

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3727 100% Whole Wheat Hot Dog Buns 45g Klosterman Spring

INGREDIENTS: Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Monoglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Soy Lecithin, Wheat Starch.

Contains: Wheat, Soy

The Long Company Sample #118720

This product contains 24g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3727 100% Whole Wheat Hot Dog Buns 45g Klosterman Spring

Nutrition Facts	
Serving Size 1 Bun (45g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 10%	• Riboflavin 4%
Niacin 6%	• Folate 2%
*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	



The Long Company Sample #118720

This product contains 24g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3736 Whole Grain Rich Large Hot Dog Bun 56g Klosterman Sprig

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #118766

This product contains 18g Whole Grain per serving.

This product contains 14g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

THE LONG COMPANY
PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3736 Whole Grain Rich Large Hot Dog Bun 56g Klosterman Sprig

Nutrition Facts	
Serving Size 1 Bun (56g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 25g	8%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
Thiamin 15%	• Riboflavin 6%
Niacin 10%	• Folate 8%
*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	



The Long Company Sample #118766

This product contains 17g Whole Grain per serving.

This product contains 14g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3737 5in WGR Hoagie #37 62g Klosterman Springboro

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Invert Sugar, Molasses, Calcium Propionate (Preservative), Dough Conditioners (Sodium Stearoyl Lactylate, Ascorbic Acid), Calcium Sulfate, Wheat Starch, Corn Syrup, Soy Lecithin.

Contains: Wheat, Soy

The Long Company Sample #119032

This product contains 17g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Klosterman Baking Company



Jerry Prues _____

Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3737 5in WGR Hoagie 62g Klosterman Springboro

Nutrition Facts	
Serving Size 1 Roll (62g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
Thiamin 15%	• Riboflavin 6%
Niacin 10%	• Folate 8%
*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	



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

The Long Company Sample #119032

This product contains 17g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3744 Whole Grain Rich Hoagie Roll 66g Klosterman Spring

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Wheat Starch, Soy Lecithin.

Contains: Wheat

The Long Company Sample #118707

This product contains 19g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3744 Whole Grain Rich Hoagie Roll 66g Klosterman Spring

Nutrition Facts	
Serving Size (66g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
Thiamin 20%	• Riboflavin 8%
Niacin 10%	• Folate 8%
*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	



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

The Long Company Sample #118707

This product contains 19g Whole Grain per serving.

This product contains 16g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3746 100% Whole Wheat Hoagie Roll 66g Klosterman Spring

INGREDIENTS: Whole Wheat Flour, Water, Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Invert Sugar, Molasses, Dough Conditioners (Sodium Stearoyl Lactylate, DATEM, Monoglycerides, Ascorbic Acid), Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Soy Lecithin, Wheat Starch.

Contains: Wheat, Soy

The Long Company Sample #118721

This product contains 34g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



8/11/2016

By AL Bachman

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3746 100% Whole Wheat Hoagie Roll 66g Klosterman Spring

Nutrition Facts	
Serving Size 1 Bun (66g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 25
<hr/>	
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 7g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
Thiamin 15%	• Riboflavin 4%
Niacin 10%	• Folate 4%
*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	



The Long Company Sample #118721

This product contains 34g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

3920 Whole Grain Rich Pan Roll F#77 32g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



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312.726.4606 FAX 312.726.4625

3920 Whole Grain Rich Pan Roll F#77 32g Klosterman Spgfld

Nutrition Facts	
Serving Size 1 Bun (32g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*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	



The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

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By AL Bachman

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3939 Whole Grain Rich Slammer 32g Klosterman Spgfld

INGREDIENTS: Water, Whole Wheat Flour, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Calcium Propionate (Preservative), Molasses, Wheat Starch, Soy Lecithin, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat, Soy

The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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312.726.4606 FAX 312.726.4625

3939 Whole Grain Rich Slammer F#77 32g Klosterman Spgfld

Nutrition Facts	
Serving Size 1 Bun (32g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*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	



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

The Long Company Sample #118651

This product contains 10g Whole Grain per serving.

This product contains 7g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By _____AL Bachman_____

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The Long Company Technical Services

20 North Wacker Drive Suite 1010 Chicago, IL 60606

312.726.4606 FAX 312.726.4625

7511 F201 Whole Wheat Slim Kroger 43g 8ct Klosterman Springboro

INGREDIENTS: Whole Wheat Flour, Water, Wheat Bran, Cellulose, Wheat Gluten, Sugar, Yeast, Contains 2% or less of the following: Soybean Oil, Dough Conditioners (Monoglycerides, DATEM, Ascorbic Acid, Polydextrose, Salt, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Calcium Sulfate, Sorbic Acid, Stevia (Rebaudioside A).

Contains: Wheat

The Long Company Sample #118516

This product contains 20g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

Klosterman Baking Company



Jerry Prues _____
Vice President National Accounts

8/11/2016

By _____AL Bachman_____

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7511 F201 Whole Wheat Slim Kroger 43g 8ct Klosterman Springboro

Nutrition Facts	
Serving Size 1 Slim (43g)	
Servings Per Container 8	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 19g	6%
Dietary Fiber 5g	20%
Sugars 2g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 6%
Thiamin 10%	• Riboflavin 4%
Niacin 8%	• Folate 2%
*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



Klosterman Baking Company

Jerry Prues _____
Vice President National Accounts

The Long Company Sample #118516

This product contains 20g Whole Grain per serving.

This product contains 0g Enriched Wheat Flour per serving.

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.

8/11/2016

By AL Bachman

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06/27/2014

Nutrition Facts

Serving Size 1 muffin (57g)
 Servings Per Container 6

Amount Per Serving

Calories 130 **Calories from Fat 10**

% Daily Value*

Total Fat 1.5g **2%**
 Saturated Fat 0g **0%**
 Trans Fat 0g
 Polyunsaturated Fat 0.5g
 Monounsaturated Fat 0g

Cholesterol 0mg **0%**

Sodium 250mg **10%**

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **12%**

Sugars 1g

Protein 7g

Vitamin A 0% • Vitamin C 2%
 Calcium 4% • Iron 8%
 Vitamin D 0% • Vitamin E 2%
 Vitamin K 2% • Thiamin 20%
 Riboflavin 6% • Niacin 8%
 Vitamin B6 6% • Folate 4%
 Vitamin B12 0% • Phosphorus 10%
 Iodine 0% • Magnesium 10%
 Zinc 6% • Manganese 60%

*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: WHOLE WHEAT FLOUR, WATER, YEAST, WHEAT GLUTEN, CONTAINS LESS THAN 2% OF: SUGAR, CITRIC ACID, FUMARIC ACID, MALTED BARLEY FLOUR, DEGERMED YELLOW CORNMEAL, REDUCED IRON, SODIUM STEAROYL LACTYLATE, GUAR GUM, DATEM, MONO- AND DIGLYCERIDES, CALCIUM SULFATE, ASCORBIC ACID, ENZYMES, CALCIUM PEROXIDE, CALCIUM PROPIONATE AND POTASSIUM SORBATE (PRESERVATIVES), SALT, SOYBEAN OIL, VINEGAR, DEGERMED YELLOW CORN FLOUR.

CONTAINS: WHEAT

Multi Column: 503523C 100% Whole Wheat EM

Multi-Column

Nutrients	Per 100g	Nutrients	Per 100g
Basic Components		Vitamin B12 (mcg)	0.02
Gram Weight (g)	100.00	Biotin (mcg)	2.34
Calories (kcal)	221.47	Vitamin C (mg)	2.86
Calories from Fat (kcal)	21.76	Vitamin D - IU (IU)	0.64
Calories from SatFat (kcal)	6.65	Vitamin D - mcg (mcg)	0
Protein (g)	12.02	Vitamin E - Alpha-Toco (mg)	0.41
Carbohydrates (g)	40.99	Folate (mcg)	25.35
Dietary Fiber (g)	6.11	Folate, DFE (mcg)	23.44
Soluble Fiber (g)	1.09	Vitamin K (mcg)	1.74
Total Sugars (g)	1.09	Pantothenic Acid (mg)	0.33
Monosaccharides (g)	0.00	Minerals	
Disaccharides (g)	0.00	Calcium (mg)	80.89
Other Carbs (g)	33.12	Chromium (mcg)	0.02
Fat (g)	2.42	Copper (mg)	0.22
Saturated Fat (g)	0.74	Fluoride (mg)	0.04
Mono Fat (g)	0.28	Iodine (mcg)	0
Poly Fat (g)	1.04	Iron (mg)	2.82
Trans Fatty Acid (g)	0.01	Magnesium (mg)	77.92
Cholesterol (mg)	0	Manganese (mg)	2.16
Water (g)	42.24	Molybdenum (mcg)	—
Vitamins		Phosphorus (mg)	206.56
Vitamin A - IU (IU)	7.56	Potassium (mg)	214.51
Vitamin A - RE (RE)	0.51	Selenium (mcg)	32.86
Vitamin A - RAE (RAE)	0.25	Sodium (mg)	440.07
Carotenoid RE (RE)	0.51	Zinc (mg)	1.65
Retinol RE (RE)	0	Poly Fats	
Beta-Carotene (mcg)	2.79	Omega 3 Fatty Acid (g)	0.07
Vitamin B1 (mg)	0.49	Omega 6 Fatty Acid (g)	0.79
Vitamin B2 (mg)	0.16	Other Nutrients	
Vitamin B3 (mg)	2.83	Alcohol (g)	0
Vitamin B3 - Niacin Equiv (mg)	4.83	Caffeine (mg)	0
Vitamin B6 (mg)	0.23	Choline (mg)	16.59