

The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

Phone (312)726-4606, ext. 3
Cell (269)779-5348

1290 WGR WHITE WHEAT ROUND TOP BREAD (21) 31g 22sl 24oz Klosterman-Sprgfl
Revised 04-20-17

Nutrition Facts	
22 servings per container	
Serving size	1 Slice (31g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 48mg	2%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

2 Slices of this bread has 18 grams of Creditable Grains from Whole Grains.

2 Slices of this bread has 18 grams of Creditable Grains from Enriched Wheat Flour.

2 Slices of this bread has a total of 36 grams of Creditable Grains = 2.25 oz Equivalents

The Long Company Sample #124158

7/14/2017

By **Dan Inman**

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Phone (312)726-4606, ext. 3
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1294 WGR 1.5 Sandwich (21C) 1sl 34g 20sl 24oz Klosterman Baking, Revised 05-15-17

Nutrition Facts	
20 servings per container	
Serving size	1 Slice (34g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 41mg	4%
Iron 1mg	6%
Potassium 53mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Slice (34 grams) has: 10 grams of Creditable Grains from Whole Grains.
1 Slice (34 grams) has: 9.5 grams of Creditable Grains from Enriched Wheat Flour.
1 Slice of this bread has a total of 19.5 grams of Creditable Grains = 1.00 oz Equivalents

The Long Company Sample #124157-1

7/14/2017

By Dan Inman

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6197 Sunshine Avenue
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Phone (312)726-4606, ext. 3
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3007 Small 12 Grain Essential 76C 38g 12ct Klosterman-Sprgfld, Revised 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (38g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 68mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun has 12.4 grams of Creditable Grains from Whole Grains.

1 Bun has 9.3 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 21.7 grams of Creditable Grains = 1.25 oz Equivalents

The Long Company Sample #124160

7/14/2017

By **Dan Inman**

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Phone (312)726-4606, ext. 3
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3227 3.5in WGR Hamburger Bun(76) 50g 12ct Klosterman-Sprgfld, Revised 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (50g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 84mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun has 15 grams of Creditable Grains from Whole Grains.

1 Bun has 12 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 27 grams of Creditable Grains = 1.5 oz Equivalents

The Long Company Sample #124159-2

7/14/2017

By Dan Inman

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Phone (312)726-4606, ext. 3
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3295 4in Plain White Bun 85G 60g 12ct Klosterman-Sprgfld, Revised 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 0mg	0%
Potassium 46mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun has 0 grams of Creditable Grains from Whole Grains.

1 Bun has 0 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 0 grams of Creditable Grains = 0 oz Equivalents

The Long Company Sample #123954

7/14/2017

By Dan Inman

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Phone (312)726-4606, ext. 3
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3474 WGR 4 INCH HAMBURGER BUN (76) 60g 12ct Klosterman-Sprgfld, Rev. 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 100mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun has 17.9 grams of Creditable Grains from Whole Grains.

1 Bun has 14.3 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 32.2 grams of Creditable Grains = 2.0 oz Equivalent

The Long Company Sample #124159

7/14/2017

By Dan Inman

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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

3699 Sm WGR Bread Stix 66A 31g 16ct Klosterman Baking 05-12-17

Nutrition Facts	
Serving Size 1 Bread Stix (31g)	
Servings Per Container 16	
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 135mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
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	



- 1 Bread Stix (31 grams) has: 11.2 grams of Creditable Grains from Whole Grains.
- 1 Bread Stix (31 grams) has: 7.2 grams of Creditable Grains from Enriched Wheat Flour.
- 1 Bread Stix has a total of 18.4 grams of Creditable Grains = 1.00 oz Equivalents

The Long Company Sample #122885

7/14/2017

By AL Bachman

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The Long Company Technical Services

16197 Sunshine Avenue
Schoolcraft, MI 49087

Phone (312)726-4606, ext. 3
Cell (269)779-5348

3709 WGR HOT DOG BUN (66) 45g 12ct Klosterman-Cinn, 04-13-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (45g)
Amount per serving	
Calories	110
% 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	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 74mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

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 Sample #124391

7/14/2017

By Dan Inman

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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

3711 HOT DOG BUN #20 40g 12ct Klosterman-Cinn, Revised 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (40g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 32mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun has 0 grams of Creditable Grains from Whole Grains.

1 Bun has 26.1 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 0 grams of Creditable Grains = 0 oz Equivalent

The Long Company Sample #123571

7/14/2017

By Dan Inman

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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

3724 100% Wheat Large Boston #68 45g 64ct Klosterman-Cinn, Revised 07-05-17

Nutrition Facts	
64 servings per container	
Serving size	1 Bun (45g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 1mg	6%
Potassium 89mg	2%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun (45 grams) has: 24 grams of Creditable Grains from Whole Grains.
1 Bun (45 grams) has: 0 grams of Creditable Grains from Enriched Wheat Flour.
1 Bread Stix has a total of 24 grams of Creditable Grains = 1.50 oz Equivalents

The Long Company Sample #123574-1

7/14/2017

By **Dan Inman**

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312.726.4606 FAX 312.726.4625

3727 100% Wheat Large Boston #68 45g 12ct Klosterman-Cinn, Revised 05-11-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (45g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 89mg	2%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun (45 grams) has: 24 grams of Creditable Grains from Whole Grains.
1 Bun (45 grams) has: 0 grams of Creditable Grains from Enriched Wheat Flour.
1 Bread Stix has a total of 24 grams of Creditable Grains = 1.50 oz Equivalents

The Long Company Sample #123574

7/14/2017

By Dan Inman

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The Long Company Technical Services

16197 Sunshine Avenue
Schoolcraft, MI 49087

Phone (312)726-4606, ext. 3
Cell (269)779-5348

3736 Large Whole Grain Hot Dog Buns 58g 12ct Klosterman-Springfield, Revised 03-14-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (58g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 94mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

One 58g Serving of this product contains: 17.6 grams of Whole Grains
One 58g Serving of this product contains: 14.7 grams of Enriched Flour
Total of 32.3 grams Whole Grains = 2 oz Equivalent Grains Credits

The Long Company Sample #124198-1, Revised 03-14-17

7/14/2017

By Dan Inman

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Phone (312)726-4606, ext. 3
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3737 5in WGR Hoagie (37) 62g Klosterman-Sprgboro 05-15-17

Nutrition Facts	
servings per container	
Serving size	1 Roll (62g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 101mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Roll (62 grams) has: 17.8 grams of Creditable Grains from Whole Grains.
1 Roll (62 grams) has: 16.7 grams of Creditable Grains from Enriched Wheat Flour.
1 Roll has a total of 34.5 grams of Creditable Grains = 2.00 oz Equivalent

The Long Company Sample #119032-1

7/14/2017

By **Dan Inman**

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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

3739 WGR Hot Dog Bun #66 40g 64ct Klosterman-Cin

Nutrition Facts	
64 servings per container	
Serving size	1 Bun (40g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 2mg	10%
Potassium 65mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat, Soy

The Long Company Sample #123416

7/14/2017

By Dan Inman

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The Long Company Technical Services

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312.726.4606 FAX 312.726.4625

3744 6IN WGR HOAGIE BUN

Nutrition Facts	
8 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	11%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 2mg	10%
Potassium 100mg	2%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat, Soy

The Long Company Sample #123417

7/14/2017

By Dan Inman

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The Long Company Technical Services

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Phone (312)726-4606, ext. 3
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3939 2.5IN WGR SLAMMER BUN, Klosterman Baking 05-12-17

Nutrition Facts	
24 servings per container	
Serving size	1 Bun (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 59mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat

1 Bun (34 grams) has: 10.9 grams of Creditable Grains from Whole Grains.

1 Bun (34 grams) has: 8.2 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 19.1 grams of Creditable Grains = 1.00 oz Equivalents

The Long Company Sample #124154-2

7/14/2017

By Dan Inman

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The Long Company Technical Services

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Phone (312)726-4606, ext. 3
Cell (269)779-5348

7511 Whole Wheat Slim 43g 8ct Klosterman Bakery, 05-12-17

Nutrition Facts	
8 servings per container	
Serving size	1 Slim (43g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 19g	7%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 1mg	6%
Potassium 108mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

1 Slim (43 grams) has: 20 grams of Creditable Grains from Whole Grains.

1 Slim (43 grams) has: 0 grams of Creditable Grains from Enriched Wheat Flour.

1 Slim has a total of 20 grams of Creditable Grains = 1.25 oz Equivalent

The Long Company Sample #118516

7/14/2017

By Dan Inman

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