

The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

1005 White Sandwich Bread #66 1sl 34g 20sl 24oz Klosterman-Springfield 01-12-17

Nutrition Facts	
20 servings per container	
Serving size	1 Slice (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 28mg	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: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Wheat Gluten, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative), Calcium Sulfate, Vitamin D.

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 #123915

7/10/2019

By Dan Inman

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6197 Sunshine Avenue
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Phone (312)726-4606, ext. 3
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1290 WGR WHITE WHEAT ROUND TOP BREAD

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%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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

7/10/2019

By Dan Inman

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Phone (312)726-4606, ext. 3
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1292 24 OZ WGR SANDWICH BREAD (21C) 1sl 28g 24sl 24oz Klosterman-Sprgflld

Nutrition Facts	
24 servings per container	
Serving size	1 Slice (28g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 44mg	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: 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

2 Slices of this bread has 16.4 grams of Creditable Grains from Whole Grains.

2 Slices of this bread has 15.7 grams of Creditable Grains from Enriched Wheat Flour.

2 Slices of this bread has a total of 32.1 grams of Creditable Grains = 2.0 oz Equivalent

The Long Company Sample #124157

7/10/2019

By Dan Inman

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Phone (312)726-4606, ext. 3
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1294 WGR Texas Toast

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

2 Slices of this bread has 20 grams of Creditable Grains from Whole Grains.

2 Slices of this bread has 19grams of Creditable Grains from Enriched Wheat Flour.

2 Slices of this bread has a total of 39 grams of Creditable Grains = 2.25 oz Equivalents

The Long Company Sample #124157-1

7/10/2019

By Dan Inman

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The Long Company Technical Services

6197 Sunshine Avenue
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Phone (312)726-4606, ext. 3
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1448 Natural 100% Wheat Bread

Nutrition Facts	
11 servings per container	
Serving size	2 Slices (62g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	10%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 3mcg	15%
Calcium 68mg	6%
Iron 2mg	10%
Potassium 124mg	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. 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 Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Honey, Salt, Molasses, Invert Sugar, Corn Syrup, Wheat Flour, Wheat Starch, High Fructose Corn Syrup, Vinegar, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Vitamin & Mineral Enrichment (Ferrous Sulfate, Niacin, Thiamin Hydrochloride, Riboflavin, Folic Acid, Ascorbic Acid, Vitamin D).

Contains: Wheat

2 Slices of this bread has 32 grams of Creditable Grains from Whole Grains.

2 Slices of this bread has 0 grams of Creditable Grains from Enriched Wheat Flour.

2 Slices of this bread has a total of 32 grams of Creditable Grains = 2.0 oz Equivalents

The Long Company Sample #124161

7/10/2019

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%
Trans Fat 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>	

LONGCO.
CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

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

7/10/2019

By Dan Inman

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6197 Sunshine Avenue
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Phone (312)726-4606, ext. 3
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3221 WGR Bread Stix (66A) 50g 16ct Klosterman Baking, Revised 05-18-17

Nutrition Facts	
16 servings per container	
Serving size 1 Bread Stix (50g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 93mg	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, 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, High Fructose Corn Syrup, Salt, Soybean Oil, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, DATEM, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Calcium Propionate (Preservative).

Contains: Wheat.

1 Bread Stix (50 grams) has: 19.1 grams of Creditable Grains from Whole Grains.

1 Bread Stix (50 grams) has: 12.2 grams of Creditable Grains from Enriched Wheat Flour.

1 Bread Stix has a total of 31.3 grams of Creditable Grains = 1.75 oz Equivalents

The Long Company Sample #122886-1

7/10/2019

By Dan Inman

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6197 Sunshine Avenue
Schoolcraft, MI 49087

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

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%
Trans 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

7/10/2019

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%
Trans 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

7/10/2019

By Dan Inman

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Phone (312)726-4606, ext. 3
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3470 100% Wheat 4" Bun

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 81mg	6%
Iron 1mg	6%
Potassium 125mg	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, High Fructose Corn Syrup, Yeast, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Honey, Invert Sugar, Corn Syrup, Wheat Flour, Wheat Starch, Salt, Calcium Propionate (Preservative), Vinegar, Ethoxylated Mono- and Diglycerides, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Calcium Sulfate, Sodium Stearoyl Lactylate.

Contains: Wheat

1 Bun has 32 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 32 grams of Creditable Grains = 2.0 oz Equivalents

The Long Company Sample #124163

7/10/2019

By Dan Inman

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Baking Research and Technology, LLC.

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3474 4in Grain Essential (76) 60g 12ct Klosterman Baking, Revised 03-22-19

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%
Trans 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%
Niacin 2mg	15%
Folate 60mcg DFE	15%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Whole White 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, Molasses, Invert Sugar, Corn Syrup, Wheat Starch, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Ammonium Sulfate, Citric Acid.

Contains: Wheat

One 60 g Serving of this product contains: 17.9 grams of Whole Grains

One 60 g Serving of this product contains: 14.3 grams of Enriched Flour

Total of 32.2 grams Whole Grains = 2.0 oz Equivalent Grains Credits

Sample# 124159R

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3699 Sm WGR Bread Stix

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	

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, Monoglycerides, DATEM, Ascorbic Acid), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate), Calcium Propionate (Preservative).

Contains: Wheat

1 Stix has 11 grams of Creditable Grains from Whole Grains.

1 Stix has 7 grams of Creditable Grains from Enriched Wheat Flour.

1 Stix has a total of 18 grams of Creditable Grains = 1.00 oz. Equivalents

Baking Research and Technology, LLC.

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3709 Ultra Grain Lg Boston Buns (66) 45g 12ct Klosterman Baking, Revised 03-22-19

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 21g	8%
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 73mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate 48mcg DFE	10%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

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.

One 45g Serving of this product contains: 13.9 grams of Whole Grains
One 45g Serving of this product contains: 11.6 grams of Enriched Flour
Total of 24.5 grams Whole Grains = 1.5 oz Equivalent Grains Credits

Sample #124391R

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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%
Trans 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>	

LONGCO.
CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

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 Equivalents

The Long Company Sample #123571

7/10/2019

By Dan Inman

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Large Boston Bun #20 40g 1ct Klosterman-Cinn

Nutrition Facts	
1 servings per container	
Serving size	1 Bun (40g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans 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>	

LONGCO.
CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

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

The Long Company Sample #123571-3

7/10/2019

By Dan Inman

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909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

3717 Buddy Boys 65 67g 8ct

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

Contains: Wheat

The Long Company Sample #122881

This product contains 0g Whole Grain per serving.

This product contains 40g 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.

7/10/2019

By AL Bachman

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3724 100% Wheat Large Boston

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%
Trans 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>	

LONGCO.
CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

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

7/10/2019

By Dan Inman

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3727 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%
Trans 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>	

LONGCO.
CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

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

7/10/2019

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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3736 Large Whole Grain Hot Dog Buns

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

7/10/2019

By Dan Inman

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Phone (312)726-4606, ext. 3
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3737 5in WGR Hoagie

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%
Trans 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%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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 Equivalents

The Long Company Sample #119032-1

7/10/2019

By Dan Inman

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3739 Large Whole Grain Buns (66) 58g 64ct Klosterman-Springfield 05-30-18

Nutrition Facts	
64 servings per container	
Serving size	1 Bun (58g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans 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 93mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Folate 61mcg DFE	15%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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 #124198-3

7/10/2019

By Dan Inman

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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

1 Bun (60 grams) has: 20.8 grams of Creditable Grains from Whole Grains.
1 Bun (60 grams) has: 17.3 grams of Creditable Grains from Enriched Wheat Flour.
1 Bun has a total of 38.1 grams of Creditable Grains = 2.25 oz Equivalents

The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3746 100% Whole Wheat Hoagies (66) 66g 8ct Klosterman-Cinn, 05-11-17

Nutrition Facts	
8 servings per container	
Serving size	1 Bun (66g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 3mg	15%
Potassium 109mg	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. 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

1 Bun (66 grams) has: 20.8 grams of Creditable Grains from Whole Grains.
1 Bun (66 grams) has: 17.3 grams of Creditable Grains from Enriched Wheat Flour.
1 Bread Stix has a total of 38.1 grams of Creditable Grains = 2.25 oz Equivalents

The Long Company Sample #124391-1

7/10/2019

By Dan Inman

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Baking Research and Technology, LLC.

6197 Sunshine Avenue
Schoolcraft, MI
49087

Office (269)679-7151
Dan Inman Cell (269)779-5348
Jean Lingg Cell (616)724-0241

3920 Whole Grain Pan Roll (#1) 34g 24ct Klosterman Baking, Revised 03-22-19

Nutrition Facts	
24 servings per container	
Serving size	1 Roll (36g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 63mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Folate 37mcg DFE	10%
<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 White 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, Molasses, Invert Sugar, Corn Syrup, Wheat Starch, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ethoxylated Mono- and Diglycerides, Ascorbic Acid, Ammonium Sulfate, Citric Acid.

Contains: Wheat.

One 34g Serving of this product contains: 11.5 grams of Whole Grains

One 34g Serving of this product contains: 8.6 grams of Enriched Flour

Total of 20.1 grams Whole Grains = 1.25 oz Equivalent Grains Credits

Sample# 124115-1R

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3933 Large WGR Pan Dinner Roll 12 count

Nutrition Facts	
servings per container	
Serving size	1 Roll (57g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 2mg	10%
Potassium 105mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Folate 60mcg DFE	15%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



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, Molasses, Invert Sugar, Corn Syrup, Wheat Starch, Sunflower Lecithin, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Vinegar, Calcium Sulfate, Ammonium Sulfate, Citric Acid, Ethoxylated Mono and Diglycerides, Ascorbic Acid.

Contains: Wheat

One 57g Serving of this product contains: 19.1 grams of Whole Grains

One 57g Serving of this product contains: 14.3grams of Enriched Flour

Total of 33.4 grams Whole Grains = 2.0 oz Equivalent Grains Credits

Sample# 125869-1

7/10/2019

By Dan Inman

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Baking Research and Technology, LLC.

6197 Sunshine Avenue
Schoolcraft, MI
49087

3939 WGR Slammer Bun

Office (269)679-7151
Dan Inman Cell (269)779-5348
Jean Lingg Cell (616)724-0241

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%
Trans 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%
Niacin 1mg	6%
Folate 34mcg DFE	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>	

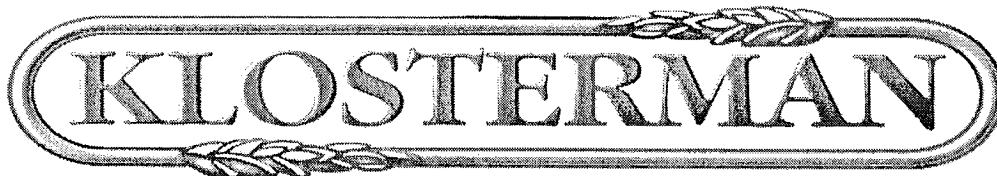
INGREDIENTS: Whole White Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Corn Syrup,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

Contains: Wheat

One 34g Serving of this product contains: 11.5 grams of Whole Grains
One 34g Serving of this product contains: 8.6 grams of Enriched Flour
Total of 20.1 grams Whole Grains = 1.25 oz Equivalent Grains Credits

Sample# 124154-2R

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7511 Whole Wheat Slim (201) 43g 8ct Klosterman-Sprgboro, 03-14-17

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%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 19g	7%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 76mg	6%
Iron 1mg	6%
Potassium 107mg	2%
*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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Whole Wheat Flour, Water, Wheat Gluten, Powdered Cellulose, Wheat Bran, Sugar, Yeast, Contains 2% or less of the following: Polydextrose, Salt, Soybean Oil, Calcium Propionate (Preservative), Vinegar, Xanthan Gum, Wheat Flour, Calcium Sulfate, DATEM, Sorbic Acid, Ascorbic Acid, Truvia (Stevia Leaf Extract, Erythritol, Natural Flavors)..

Contains: Wheat

One 43g Serving of this product contains: 20.0 grams of Whole Grains
One 43g Serving of this product contains: 00.0 grams of Enriched Flour
Total of 20.0 grams Whole Grains = 1.50 oz. Equivalent Grains Credits

5/11/2017

By: Jon Prues

02/17/2017

Nutrition FactsServing Size 1 muffin (57g)
Servings Per Container 12**Amount Per Serving****Calories 110** **Calories from Fat 10**

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%**Sodium 190mg** 8%**Total Carbohydrate 22g** 7%

Dietary Fiber 3g 12%

Sugars 1g

Protein 5g

Vitamin A 0% • Vitamin C 2%

Calcium 4% • Iron 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

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

CONTAINS: WHEAT

Recipe: 502552-100% Whole Wheat English Muffin *

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B6 (mg)	0.12	0.21
Gram Weight (g)	57.00	100.00	Biotin (mcg)	1.26	2.21
Calories (kcal)	112.35	197.11	Vitamin C (mg)	1.53	2.69
Calories from Fat (kcal)	10.72	18.81	Vitamin D - IU (IU)	0.18	0.32
Calories from SatFat (kcal)	3.08	5.39	Vitamin D - mcg (mcg)	0	0
Protein (g)	5.29	9.29	Vitamin E - Alpha-Toco (mg)	0.22	0.39
Carbohydrates (g)	21.77	38.20	Folate (mcg)	13.15	23.08
Total Dietary Fiber (g)	3.19	5.60	Folate, DFE (mcg DFE)	12.61	22.12
Total Soluble Fiber (g)	0.55	0.97	Vitamin K (mcg)	0.94	1.65
Total Sugars (g)	0.57	1.00	Pantothenic Acid (mg)	0.18	0.31
Monosaccharides (g)	0.00	0.00	Minerals		
Disaccharides (g)	0.00	0.00	Calcium (mg)	40.60	71.22
Other Carbs (g)	17.70	31.05	Chromium (mcg)	0.01	0.01
Fat (g)	1.20	2.10	Copper (mg)	0.12	0.21
Saturated Fat (g)	0.34	0.60	Fluoride (mg)	0.03	0.04
Mono Fat (g)	0.14	0.25	Iodine (mcg)	0	0
Poly Fat (g)	0.52	0.91	Iron (mg)	1.28	2.24
Trans Fatty Acid (g)	0.00	0.01	Magnesium (mg)	40.82	71.62
Cholesterol (mg)	0	0	Manganese (mg)	1.16	2.04
Water (g)	27.64	48.49	Molybdenum (mcg)	-	-
Ash (g)	1.09	1.91	Phosphorus (mg)	106.89	187.52
Vitamins			Potassium (mg)	114.56	200.99
Vitamin A - IU (IU)	3.11	5.45	Selenium (mcg)	17.68	31.02
Vitamin A - RE (RE)	0.27	0.48	Sodium (mg)	192.94	336.49
Vitamin A - RAE (mcg)	0.14	0.24	Zinc (mg)	0.82	1.44
Carotenoid RE (RE)	0.27	0.48	Poly Fats		
Retinol RE (RE)	0	0	Omega 3 Fatty Acid (g)	0.04	0.06
Beta-Carotene (mcg)	1.50	2.63	Omega 6 Fatty Acid (g)	0.42	0.74
Vitamin B1 (mg)	0.20	0.35	Other Nutrients		
Vitamin B2 (mg)	0.07	0.11	Alcohol (g)	0	0
Vitamin B3 (mg)	1.47	2.59	Caffeine (mg)	0	0
Vitamin B3 - Niacin Equiv (mg)	2.39	4.19	Choline (mg)	8.93	15.66

#9543

Multigrain / 12 Grain 4oz

03/21/2018

Nutrition Facts

Serving size 1 bagel 4oz (113g)

Amount per serving

Calories 260

% Daily Value*

Total Fat 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 340mg 15%

Total Carbohydrate 52g 19%

Dietary Fiber 6g 21%

Total Sugars 3g

Includes 2g Added Sugars 4%

Protein 10g

Vitamin D 0mcg 0%

Calcium 182mg 15%

Iron 3mg 15%

Potassium 147mg 4%

*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.

INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, WHOLE WHEAT FLOUR, GRAINS (OAT FLAKES, CRACKED WHEAT, SUNFLOWER SEEDS, FLAXSEED, MILLET), WHEAT BRAN, YEAST, SUGAR, SALT, CALCIUM PROPIONATE (PRESERVATIVE), MONO-DIGLYCERIDES, ENZYME, MALT, SORBIC ACID, CORNMEAL.

Contains Wheat.

Produced on Equipment that Processes Egg and Soy.

WBENC

WOMEN'S BUSINESS ENTERPRISE
NATIONAL COUNCIL

JOIN FORCES. SUCCEED TOGETHER.

hereby grants

National Women's Business Enterprise Certification

to

Whitehall, Inc. DBA Klosterman Baking Co.

who has successfully met WBENC's standards as a Women's Business Enterprise (WBE).

This certification affirms the business is woman-owned, operated and controlled; and is valid through the date herein.

Certification Granted: December 31, 2009

Expiration Date: December 31, 2019

WBENC National Certification Number: 2005114546

WBENC National WBE Certification was processed and validated by
Ohio River Valley Women's Business Council, a WBENC Regional Partner
Organization.

Sheila A. Mixon

Authorized by Sheila Mixon, Executive Director
Ohio River Valley Women's Business Council

ORV~WBC
Ohio River Valley Women's Business Council

NAICS: 311812

UNSPSC: 50180000, 50181901, 50181902

