

# The Long Company Technical Services

6197 Sunshine Avenue  
Schoolcraft, MI 49087

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

1005 White Texas Toast Bread

<b>Nutrition Facts</b>	
20 servings per container	
<b>Serving size</b>	<b>1 Slice (34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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

7/16/2020

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

1290 Whole Grain Bread

<b>Nutrition Facts</b>	
22 servings per container	
<b>Serving size</b>	<b>1 Slice (31g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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

One 31g Serving of this product contains: 8.9 grams of Whole Grains

One 31g Serving of this product contains: 8.9 grams of Enriched Flour

Total of 17.8 grams Whole Grains = 1.0 oz Equivalent Grains Credits

**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.  
Sample# 127280

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# Baking Research and Technology, LLC.

6197 Sunshine Avenue  
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49087

Office (269)679-7151  
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Jean Lingg Cell (616)724-0241

1292 Whole Grain Sandwich Bread

<b>Nutrition Facts</b>	
24 servings per container	
<b>Serving size</b>	<b>1 Slice (28g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 45mg	0%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
Niacin 1mg	6%
Folate 24mcg DFE	6%
<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, Sugar, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Vinegar, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Ethoxylated Mono- & diglycerides, Enzymes, Ascorbic Acid.

## **Contains: Wheat.**

One 28.35g Serving of this product contains: 8.6 grams of Whole Grains  
One 28.35g Serving of this product contains: 8.3 grams of Enriched Flour  
Total of 16.9 grams Whole Grains = 1.0 oz Equivalent Grains Credits

**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.

Sample# 127670

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# The Long Company Technical Services

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

<b>Nutrition Facts</b>	
20 servings per container	
<b>Serving size</b>	<b>1 Slice (34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 1g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 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

7/16/2020

By           Dan Inman          

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# The Long Company Technical Services

6197 Sunshine Avenue  
Schoolcraft, MI 49087

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

<b>Nutrition Facts</b>	
11 servings per container	
<b>Serving size</b>	<b>2 Slices (62g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 6g	
Vitamin D 3mcg	15%
Calcium 68mg	6%
Iron 2mg	10%
Potassium 124mg	2%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	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, 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

7/16/2020

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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3007 3" WGR Hamburger Bun

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (38g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 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

7/16/2020

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  
Cell (269)779-5348

3227 3.5in WGR Hamburger Bun

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (50g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 22g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 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

7/16/2020

By                      Dan Inman                     

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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

3295 4in Plain White Bun

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 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

7/16/2020

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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3470 100% Wheat 4" Bun

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 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

7/16/2020

By                      Dan Inman                     

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49087

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

3474 4in WGR Hamburger Bun

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 68mg	6%
Iron 2mg	10%
Potassium 104mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 3mg	20%
Folate 46mcg 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 Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole White Wheat Flour, Sugar, Yeast, Soybean Oil, Wheat Gluten, Contains 2% or less of the following: Salt, Honey, Molasses, Calcium Propionate (Preservative), Vinegar, Sodium Stearoyl Lactylate, Calcium Sulfate, Ascorbic Acid, Enzymes.

## **Contains: Wheat.**

One 60g Serving of this product contains: 19.2 grams of Whole Grains  
One 60g Serving of this product contains: 15.7 grams of Enriched Flour  
Total of 34.9 grams Whole Grains = 2.0 oz Equivalent Grains Credits

**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.

Sample# 127587-1

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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

3565 4.5in Whole Wheat Bun

<b>Nutrition Facts</b>	
30 servings per container	
<b>Serving size</b>	<b>1 Bun (80g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>200</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 380mg	<b>17%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 5g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	0%
Calcium 94mg	8%
Iron 1mg	6%
Potassium 120mg	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:** Wheat Flour, Water, Whole Wheat Flour, High Fructose Corn Syrup, Yeast, Wheat Bran, Contains 2% or less of the following: Soybean Oil, Wheat Gluten, Salt, Calcium Propionate (Preservative), Ammonium Sulfate, Ascorbic Acid, Citric Acid, Calcium Sulfate, Ascorbic Acid, Caramel Color, Sodium Stearoyl Lactylate, Ethoxylated Mono and Diglycerides.

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 #124471-1

7/16/2020

By                      Dan Inman                     

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3699 Sm WGR Bread Stix

<b>Nutrition Facts</b>	
Serving Size 1 Bread Stix (31g)	
Servings Per Container 16	
<b>Amount Per Serving</b>	
<b>Calories 70</b>	Calories from Fat 5
% Daily Value*	
<b>Total Fat 0.5g</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 135mg</b>	<b>6%</b>
<b>Total Carbohydrate 13g</b>	<b>4%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 0g	
<b>Protein 3g</b>	
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.

6197 Sunshine Avenue  
Schoolcraft, MI  
49087

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

3709 Whole Grain Hot Dog Buns

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (45g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 3g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 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%
<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.

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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# The Long Company Technical Services

909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

3710 HOT DOG BUN

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

7/16/2020

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

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

<b>Nutrition Facts</b>	
1 servings per container	
<b>Serving size</b>	<b>1 Bun (40g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

The Long Company Sample #123571-3

7/16/2020

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

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.



7/16/2020

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

3724 100% Wheat Large Boston

<b>Nutrition Facts</b>	
64 servings per container	
<b>Serving size</b>	<b>1 Bun (45g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

7/16/2020

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

3727 100% Wheat Large Boston #68 45g 64ct Klosterman-Cinn, Revised 07-05-17

<b>Nutrition Facts</b>	
64 servings per container	
<b>Serving size</b>	<b>1 Bun (45g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

7/16/2020

By           Dan Inman          

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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

3736 LG Whole Grain Hot Dog Buns

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Bun (56g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 2mg	10%
Potassium 92mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Folate 60mcg DFE	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, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Honey, Molasses, Invert Sugar, Corn Syrup, Wheat Starch, Sodium Stearoyl Lactylate, Monoglycerides, Calcium Propionate (Preservative), DATEM, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Citric Acid.

Contains: Wheat

One 56g Serving of this product contains: 16.7 grams of Whole Grains  
One 56g Serving of this product contains: 16.1 grams of Enriched Flour  
Total of 32.8 grams Whole Grains = 2.0 oz Equivalent Grains Credits

The Long Company Sample #124198-WG Revised 02-15-18

7/16/2020

By                     Dan Inman                    

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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

3737 5in WGR Hoagie

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>1 Roll (62g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>160</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 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

7/16/2020

By           Dan Inman          

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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

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

<b>Nutrition Facts</b>	
64 servings per container	
<b>Serving size</b>	<b>1 Bun (58g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 240mg	<b>10%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 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

7/16/2020

By                      **Dan Inman**                     

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3744 6IN WGR HOAGIE BUN

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 Bun (60g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 75mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 100mg	<b>2%</b>
Thiamin 0.4mg	<b>35%</b>
Riboflavin 0.2mg	<b>15%</b>
*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.	
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, 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

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 Bun (66g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>170</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2.5g	<b>3%</b>
Saturated Fat 0.5g	<b>3%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 270mg	<b>12%</b>
<b>Total Carbohydrate</b> 30g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 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

7/16/2020

By           Dan Inman          

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# Baking Research and Technology, LLC.

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49087

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

3920 Whole Grain Pan Roll

<b>Nutrition Facts</b>	
24 servings per container	
<b>Serving size</b>	<b>1 Roll (34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 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

One 34g Serving of this product contains: 11.4 grams of Whole Grains

One 34g Serving of this product contains: 8.7 grams of Enriched Flour

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

**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. Sample# 127278

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# The Long Company Technical Services

1617 Sunshine Avenue  
Schoolcraft, MI 49087

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

3933 Large Whole Grain Pan Roll

<b>Nutrition Facts</b>	
12 servings per container	
<b>Serving size</b>	<b>1 Roll (57g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>150</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 28g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 2mg	10%
Potassium 103mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Folate 60mcg DFE	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 White Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, 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, Ethoxylated Mono and Diglycerides, Ascorbic Acid, Citric Acid.

Contains: Wheat

One 57g Serving of this product contains: 19.0 grams of Whole Grains  
One 57g Serving of this product contains: 14.2 grams of Enriched Flour  
Total of 33.2 grams Whole Grains = 2.0 oz Equivalent Grains Credits

Sample# 126581

7/16/2020

By           Dan Inman          

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Jean Lingg Cell (616)724-0241

3939 WGR Slammer Bun

<b>Nutrition Facts</b>	
24 servings per container	
<b>Serving size</b>	<b>1 Bun (34g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 125mg	<b>5%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 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>	

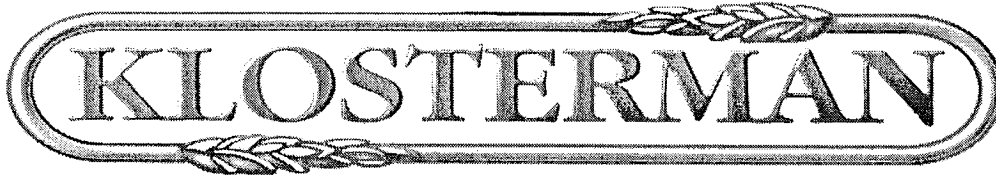
**INGREDIENTS:** Whole White Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Corn Syrup, 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

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>1 Slim (43g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 135mg	<b>6%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 76mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 107mg	<b>2%</b>
<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, 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



#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%
<b>Protein 10g</b>	
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.