



Product Nutrition At A Glance

SBI CODE #		Product Nutrition At A Glance														PEANUT / TREE NUT FRI	KOSHER	SMART SNACK
		CALORIES	TOTAL FAT (g)	% CAL FROM FAT	SAT FAT (g)	% CAL FROM SAT FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	TOTAL SUGARS (g)	% SUGAR BY WEIGHT	PROTEIN (g)	GRAIN EQUIV	% OF WHOLE GRAIN			
BUNS & DONUTS-FORTIFIED																		
18300	80-1.9 oz (54g) MVP® Breakfast	150	4.5	27.0%	1.5	9.0%	0	150	24	1	11	20.4%	4	1	54%	✓	K	S
18350	80-1.9 oz (54g) Whole Grain Super Donut®	150	4.5	27.0%	1.5	9.0%	0	150	24	1	11	20.4%	4	1	54%	✓	K	S
19000	80-3.0 oz (85g) Whole Grain Super Plus®	250	9	32.4%	3.5	12.6%	0	230	37	2	17	20.0%	6	2	51%	✓	K	
26001	80-2.2 oz (62g) Original Super Donut (40 count)	210	10	42.9%	4.0	17.1%	5	250	27	1	13	24.2%	5	1		✓	K	
BUNS & DONUTS-NON FORTIFIED																		
6060	80-2.75oz. (78g) Whole Grain GoodyBun®	240	11	41.3%	4.5	16.9%	0	270	34	3	10	12.8%	5	2	56%	✓	K	
6070	72-2.9oz (82g) Ultra® Whole Grain Baked Cinnamon Bun	240	7	26.3%	3.0	11.3%	5	280	40	3	16	19.5%	5	2	60%	PF	K	
7010	100-1.9oz (54g) Super Stik® Whole Grain Dunkin Stik	170	4.5	23.8%	1.5	7.9%	0	180	29	2	14	25.9%	3	1	51%	✓	K	
7012	60-3.2oz (91g) Super Stik® Whole Grain Twin Pack Dunkin Stik	300	10	30.0%	4.0	12.0%	0	360	48	3	23	25.3%	5	2	51%	✓	K	
7786	72-3.0oz. (85g) GoodyMan® Mini Choc. Enrobed Whole Grain Donut.6pk	320	16	45.0%	9.0	25.3%	0	310	42	3	19	22.4%	5	2	51%	✓	K	
7787	72-3.0oz. (85g) GoodyMan® Mini Powdered Whole Grain Donut. 6pk	270	11	36.7%	4.5	15.0%	0	290	41	2	19	22.4%	4	2	51%	PF	K	
15010	99-1.25oz. (35g) GoodyMan® Assorted Cake - Cinnamon (Bulk)	140	9	57.9%	3.5	22.5%	5	170	14	1	6	17.1%	2	1			K	
15010	99-1.25oz. (35g) GoodyMan® Assorted Cake - Plain (Bulk)	140	9	57.9%	3.5	22.5%	5	190	13	0	5	14.3%	2	1			K	
15010	99-1.25oz. (35g) GoodyMan® Assorted Cake - Powdered (Bulk)	140	9	57.9%	3.5	22.5%	5	170	14	0	6	17.1%	2	1			K	
18200	80-1.9 oz (54g) Ultra Power® Cocoa Breakfast	160	7	39.4%	2.5	14.1%	0	130	24	2	11	12.9%	4	1	54%	✓	K	
18400	80-2.5 oz (71g) Whole Grain GoodyRing®	220	10	40.9%	4.0	16.4%	0	250	30	2	8	9.4%	4	2	51%	✓	K	
19100	80-3.0 oz (85g) Whole Grain GoodyMan® Plus	250	9	32.4%	3.5	12.6%	0	320	40	2	18	21.2%	5	2	51%	✓	K	
19200	80-3.0 oz (85g) Whole Grain Ultra Power Cocoa Plus	260	10	34.6%	4.5	15.6%	0	210	37	3	18	21.2%	6	2	51%	✓	K	



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SBI CODE #		CALORIES	ULTRA MINI LOAFS & ULTRA MUFFINS															
			TOTAL FAT (g)	% CAL FROM FAT	SAT FAT (g)	% CAL FROM SAT FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	TOTAL SUGARS (g)	% SUGAR BY WEIGHT	PROTEIN (g)	GRAIN EQUIV	% OF WHOLE GRAIN	PEANUT / TREE NUT FRE	KOSHER	SMART SNACK
7030	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Berry	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
7031	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Orange	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
7055	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Blueberry	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
7056	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Banana	160	4.5	25.3%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
7057	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Apple	160	5	28.1%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
7058	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Chocolate Chip	160	5	28.1%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
7059	120-2.0oz (57g) Whole Grain Ultra® Mini Loaf Super Lemon	160	5	28.1%	1.0	5.6%	0	150	28	1	16	28.1%	3	1	51%	✓	K	S
9050	72-2.0oz (57g) Whole Grain Ultra® Muffin Blueberry	160	5	28.1%	1.0	5.6%	0	150	27	1	16	28.1%	3	1	51%	✓	K	S
9052	72-2.0oz (57g) Whole Grain Ultra® Muffin Banana	160	4.5	25.3%	1.0	5.6%	0	140	27	1	16	28.1%	3	1	51%	✓	K	S
9053	60-2.4oz (68g) Whole Grain Ultra® Muffin Corn	190	6	28.4%	1.0	4.7%	0	190	32	1	17	25.0%	3	2	51%	✓	K	S
9065	96-2.0 oz (57g) Whole Grain Super Muffin® Banana with cream filling	140	3.5	22.5%	0.5	3.2%	25	160	24	1	11	19.3%	4	1	51%	✓	K	S
9066	96-2.0 oz (57g) Whole Grain Super Muffin® Chocolate with cream filling	130	4	27.7%	1.0	6.9%	20	160	23	2	10	17.5%	4	1	51%	✓	K	S
		SUPER SLICE® BREAD SLICES-WHOLE GRAIN																
6047	70-3.4oz (96g) Super Lemon® RS Whole Grain Bread Slice	230	8	31.3%	1.5	5.9%	0	250	44	2	15	15.6%	5	2	51%	✓	K	
6071	70-3.4oz (96g) Super Banana® Whole Grain Bread Slice	260	8	27.7%	1.5	5.2%	0	240	45	2	24	25.0%	5	2	51%	✓	K	
6072	70-3.4oz (96g) Super Zucchini® Whole Grain Bread Slice	260	8	27.7%	1.5	5.2%	0	240	44	2	23	24.0%	5	2	51%	✓	K	
6073	70-3.4 oz (96g) Super Blueberry® Whole Grain Bread Slice	270	8	26.7%	1.5	5.0%	0	250	45	2	24	25.0%	5	2	51%	✓	K	
6074	70-3.4 oz (96g) Super Cinnamon Burst™ Whole Grain Bread Slice	270	8	26.7%	1.5	5.0%	0	240	46	2	25	26.0%	5	2	51%	✓	K	
6075	70-3.4 oz (96g) Super Pumpkin™ Whole Grain Bread Slice	260	8	27.7%	1.5	5.2%	0	240	44	2	24	25.0%	5	2	51%	✓	K	
6076	70-3.4 oz (96g) Super Cocoa® Whole Grain Bread Slice	250	8	28.8%	1.5	5.4%	0	240	43	3	22	22.9%	5	2	51%	✓	K	
6090	5-14/3.4 oz (96g) Super Banana® Whole Grain Sliced Bread Loaf - Bulk	260	8	27.7%	1.5	5.2%	0	240	45	2	24	25.0%	5	2	51%	✓	K	
6091	5-14/3.4 oz (96g) Super Pumpkin™ Whole Grain Sliced Bread Loaf - Bulk	260	8	27.7%	1.5	5.2%	0	240	44	2	24	25.0%	5	2	51%	✓	K	
6092	5-14/3.4 oz (96g) Super Lemon® RS Whole Grain Sliced Bread Loaf - Bulk	230	8	31.3%	1.5	5.9%	0	250	44	2	15	15.6%	5	2	51%	✓	K	



Product Nutrition At A Glance

SBI CODE #		CRISPYS & CUPCAKES & BROWNIE																
		CALORIES	TOTAL FAT (g)	% CAL FROM FAT	SAT FAT (g)	% CAL FROM SAT FAT	CHOLESTEROL (mg)	SODIUM (mg)	CARBS (g)	FIBER (g)	TOTAL SUGARS (g)	% SUGAR BY WEIGHT	PROTEIN (g)	GRAIN EQUIV	% OF WHOLE GRAIN	PEANUT / TREE NUT FRE	KOSHER	SMART SNACK
9080	96 - 1.4 oz (40g) Super Brownie™ Bite	140	5	32.1%	1.0	6.4%	5	100	23	1	14	35.0%	2	1/2	51%	✓	K	S
9430	100-.8 oz (23g) Super Crispy® Whole Grain Crispy Square	90	2.5	25.0%	0.5	5.0%	0	20	11	0	8	34.8%	1	1/2	100%	✓		S
9432	50-1.6 oz (45g) Super Crispy® Whole Grain Crispy Square	180	4.5	22.5%	1.5	7.5%	0	35	21	0	12	26.7%	2	1	100%	✓		S
9478	72-1.5 oz (43g) Whole Grain Happy Birthday Chocolate Cake/Icing	150	3	18.0%	1.0	6.0%	20	200	26	2	8	18.6%	2	1/2	51%		K	S
9479	72-1.5 oz (43g) Whole Grain Happy Birthday Vanilla Cake/Icing	150	2.5	15.0%	0.5	3.0%	20	170	27	1	7	16.3%	2	1/2	51%		K	S
9488	72-1.5 oz (43g) Whole Grain Let's Celebrate Chocolate Cake/Icing	150	3	18.0%	1.0	6.0%	20	200	26	2	8	18.6%	2	1/2	51%		K	S
9489	72-1.5 oz (43g) Whole Grain Let's Celebrate Vanilla Cake/Icing	150	2.5	15.0%	0.5	3.0%	20	170	27	1	7	16.3%	2	1/2	51%		K	S
9499	96 - 1.5 oz (44g) Happy Birthday Cupcake - Vanilla w/ cream filling	100	3	27.0%	0.5	4.5%	15	95	18	1	10	23.3%	2	1/2	51%	✓	K	S
		ULTRA SLIDER, BUNS & PULLMAN LOAF																
7669	288-1.3oz. (37g) Ultra Whole Grain Ultra® Slider Roll	90	1.5	15.0%	0.0	0.0%	0	140	17	2	1	2.7%	4	1	100%	✓	K	S
7671	128-2.0oz. (57g) Ultra Whole Grain Ultra® Hamburger Bun	140	2	12.9%	0.5	3.2%	0	210	26	4	3	5.3%	6	2	100%	✓	K	
7675	144-2.0 oz (57g) Ultra Whole Grain Ultra® Hot Dog Bun	130	2	13.8%	0.5	3.5%	0	280	26	3	3	5.3%	6	2	100%	✓	K	
7677	8-28.0 (828g) Ultra Whole Grain Ultra® Pullman Loaf	80	1.5	16.9%	0.0	0.0%	0	160	15	2	1	3.2%	4	1	100%	✓	K	S
		MISCELLANEOUS																
3381	90-2.3oz (65g) Egg and Cheese Scrambler	160	6	33.8%	2.5	14.1%	40	220	21	2	1	1.5%	6	1.5	55%	✓		
3382	90-2.3oz (65g) Turkey Sausage, Egg , and Cheese Scrambler	160	6	33.8%	2.0	11.3%	40	240	21	2	1	1.5%	6	1.5	55%	✓		
3397	64-4.0 oz (114g) Ultra Dog-Uncured Turkey Frank IW	270	12	40.0%	3.0	10.0%	60	380	29	3	5	4.4%	12	2	55%			

NORTH EAST

Mike Luch, michael.luch@superbakery.com, 734-679-7090

SOUTH CENTRAL

Cathy Earnest, cathy.earnest@superbakery.com, 210-426-5139

SOUTH EAST

Wanda McDowell, wanda.mcdowell@superbakery.com, 864-316-0559

WEST

Carlos Gonzales, carlos.gonzales@superbakery.com, 503-899-3679

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