



Metropolitan Educational
Council

Bakery Supplies

August 1, 2011 – July 31, 2012

For counties: Clark, Fairfield, Franklin, Greene, Licking, Madison





Metropolitan Educational Council

www.mecdc.org

2100 Citygate Dr. Columbus, OH 43219

METROPOLITAN EDUCATIONAL COUNCIL CONTACTS

Ron Miller

Executive Director

614-473-8300

rmiller@mail.mecdc.org

Alicia Alarie

Purchasing Coordinator

614-934-6536

aalarie@mail.mecdc.org

Nancy Streepy

Executive Assistant

614-934-6525

nstreepy@mail.mecdc.org

VENDOR CONTACT

Company Name: Klosterman Bakery

Company Website: www.klostermanbakery.com

Contact: Ron Hostelly

Phone: 1-888-900-8111

614-338-8111

Fax: 614-338-8114

Email: rhostelly@klostermanbakery.com

Ordering Information: See the following two pages for the ordering information.

Payment Terms: Net 30 days

Nutritional Information: Available on the MEC website. Go to the Purchasing tab and then select Food Catalogs.

Minimum Order: none

Address: 4760 Paddock Rd., Cincinnati, OH 45229



BAKING COMPANY

www.klostermanbakery.com

Klosterman Baking Co.
Corporate Office
4760 Paddock Road
Cincinnati, OH 45229
513/242-1004
877/301-1004
Fax 513/242-3151

KBI, Inc.
2618 U.S. 52
Morristown, IN 46161
765/763-6114
Fax 765/763-6073

KBO, Inc.
508 W. Main Street
Springfield, OH 45504
937/322-9588
Fax 937/322-6733

Klosterman Baking Cincinnati, Inc.
1000 E. Ross Avenue
Cincinnati, OH 45217
513/242-5667
Fax 513/242-3703

Hearth Grains Bakery, LLC
350 S. Pioneer Boulevard
Springboro, OH 45066
937/743-9021
Fax 937/743-9161

Klosterman Baking Company appreciates the opportunity to submit our proposal for fresh bakery products for Metropolitan Educational Council. You will be serviced from our Columbus, Ohio distribution facility located at 3655 Courtright Road, Columbus, Ohio. The Market Manager is Ron Hostelley and his telephone number is 614-338-8111.

For your convenience Klosterman Baking Company offers web ordering. Online ordering is available 24 hours a day, 7 days a week. You can place your order from any internet connection. It's fast, easy and convenient. For customers without internet access, please fax all orders to: 614-338-8114.

Scheduled delivery days are Monday, Tuesday, Thursday and Friday with emergency service available 24 hours, 7 days each week.

KLOSTERMAN PRODUCT CODING:

Package Code:	Monday	Green
	Tuesday	Red
	Thursday	Orange
	Friday	White

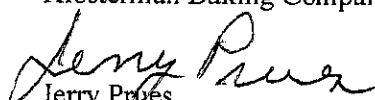
Bulk Code: Production: Month, and Day
Example 12-7

Our remittance address is: Klosterman Baking Company
P.O. Box 712572
Cincinnati, Ohio 45271-2572

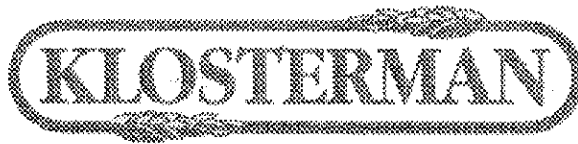
Klosterman Grain Essential varieties contain 55% whole wheat flour and our Whole Grain Sandwich Thins and Bagel Thins will be available in July.

Please visit our website at www.klostermanbakery.com and call me at 513-242-1004 Ext 240 if you should have any questions or concerns.

Sincerely,
Klosterman Baking Company


Jerry Pries
Vice President National Accounts

JP/lal



BAKING COMPANY, INC.

Klosterman Baking Company, Inc.
Corporate Office
4760 Paddock Rd.
Cincinnati, OH 45229
513/242-1004
Fax: 513/242-3151

KBI, Inc
2618 E. U.S. Highway 52
Morristown, IN 46161
765/763-6114
Fax: 765/763-6073

KBO, Inc.
508 W. Main St.
Springfield, OH 45504
937/322-9588
Fax: 937/322-6733

Klosterman Baking Cincinnati
1000 E. Ross Ave.
Cincinnati, OH 45217
513/242-5667
Fax: 513/242-3703

Klosterman Hearth Grains Bakery
350 S. Pioneer Boulevard
Springboro, OH 45066
937/743-9021
Fax: 937/743-9161

Dear Manager:

Your account is being served from our Columbus, Ohio distribution facility located at 2655 Courtright Road, Columbus, Ohio 43232.

Phone Number: 614-338-8111 OR 888-900-8111

Table with 4 columns: Name, OFFICE, HOME, MOBILE. Rows include Supervisor: Mike Howlett, Market Manager: Ron Hostelley, Account Executive: Tony Brush, Regional Vice President: Trent Doak, V.P. - National Accounts: Jerry Prues, Executive Vice President: Dennis Wiltshire, President: Chip Klosterman.

SCHEDULED DELIVERY DAYS ARE: MON-TUE-THUR-FRI-SAT
YOU ARE ENTITLED TO 24 HOUR - SEVEN (7) DAY SERVICE

Should the need arise for an emergency delivery, please use the following guidelines to insure proper and prompt service:

- 1. Call as early as possible to allow for driving time and traffic conditions.
2. Call the facility from which you are served. (Number listed above)
3. Give your store name and address.
4. Order by item number and quantity desired.
5. Give approximate time needed.
6. Get name of person you talked to.

KLOSTERMAN CODING:

Table with 3 columns: Package Code, Delivered On, Pick Up Day. Rows show days of the week and corresponding colors and pickup days.

Bulk Code: Production Month and Day
Example: USE THROUGH 12-11

For additional information on other bakery related issues call, in order, the Klosterman Management Team as listed above.

Item No.	Description	Product No.	Slice/Pack Count	Price
	<u>BREAD</u>			
1	White Round Top Bread, 20 oz.	1130	20 + 2	0.88
2	Whole Grain White Bread, 20 oz.	1290	19 + 2	1.18
3	White Sandwich Bread, 24 oz.	1020	29 + 2	1.10
4	Whole Wheat Sandwich Bread, 24 oz.	1310	29 + 2	1.14
5	Whole Wheat Bread, 100% whole grains, 26 oz	1448	20 + 2	1.36
6	Honey Cracked Wheat Bread, 32 oz.	1318	22 + 2	1.86
7	Split Top Wheat Bread, 20 oz.	1380	20 + 2	1.16
8	Stone Ground Wheat Bread, 20 oz.	1397	20 + 2	1.16
9	Sesame Bread - Vienna Bread, 24 oz	1715	27 + 2	1.20
10	Texas Toast, 24 oz.	1005	17 + 2	1.12
11	Club Pullman, 28 oz.	1025	28 + 2	1.29
12	Club Wheat Pullman Bread, 28 oz.	1305	28 + 2	1.36
13	Restaurant wheat pullman bread, 24 oz.	1308	26 + 2	1.10
14	Restaurant white pullman bread, 24 oz.	1015	26 + 2	1.14
15	French bread, plain sliced, 1 lb.	8022	15 + 2	1.57
16	French bread, plain sliced, 1 lb.	8028	not sliced	1.55
17	Italian Pan Bread, 24 oz.	1700	18 + 2	1.20
18	Seeded Italian Bread, 24 oz.	8027	27 + 2	2.28
19	Restaurant pullman, thick slices, 24 oz.	1015	26 + 2	1.10
20	Rye Pullman Bread, 24 oz.	1525	29 + 2	1.24
21	Rye bread, deli, 32 oz.	1550	26 + 2	1.76
22	Sour Dough Bread, 32 oz.	1728	27 + 2	1.56
23	Raisin Bread, 32 oz.	1645	26 + 2	3.50
24	12 Grain Bread, 24 oz.	1449	20 + 2	1.36
25	Cinnamon Bread with raisins	1645	26 + 2	3.50
	<u>BREADSTICKS</u>			
26	Plain breadsticks, 24 oz	3213	16 ct	1.76

Item No.	Description	Product No.	Slice/Pack Count	Price
27	Finger rolls (soft breadsticks), 1.25-1.5 oz	3708	16 ct	1.36
28	Whole wheat breadsticks	3220	8 ct	0.92
29	<u>BUNS</u> Round Buns, 4"			
	A. White	3295	12 ct	1.10
	B. Multigrain	3473	12 ct	1.36
	C. Rye	3455	12 ct	1.40
	D. Whole grain wheat	3478	12 ct	1.44
	E. Whole grain wheat (deli style)	3507	12 ct	1.44
30	Round Buns, 4", plain	3300	60 ct	5.30
31	Round Buns, 3 1/2"			
	A. White	3232	60 ct	5.20
	B. Wheat	3472	60 ct	6.40
32	Small beef bun, 3 1/2", 12/pkg.	3005	12 ct	0.99
33	Cluster hamburger bun, 4 in.	3294	12 ct	1.12
34	Slammer Bun	3927	24 ct	2.10
35	Sesame hamburger bun, 4 in.	3340	12 ct	1.20
36	Whole grain white hamburger bun	3474	12 ct	1.44
37	Deli Italian Split Buns	3762	8 ct	1.26
38	Weiner Buns, 6"	3710	12 ct	1.08
39	New England Split Top Wiener Buns	3002	12 ct	1.80
40	Whole Grain white wiener buns	3709	12 ct	1.44
41	Wheat wiener dog buns	3727	12 ct	1.48
42	Footlong Wiener Buns, 12"	3210	6 ct	1.14
43	Hoagy Bun 6"	3805	8 ct	1.20
44	Submarine Buns, Standard, 2 1/2 x 5"			
	A. Seeded	3725	8 ct	1.20
	B. Plain	3717	8 ct	1.20

Item No.	Description	Product No.	Slice/Pack Count	Price
45	Submarine Buns, 2 x 8"			
	A. Blunt end	3852	4 ct	1.04
	B. Soft plain	3853	4 ct	1.04
	C. Soft seeded	3856	4 ct	1.04
	D. Unsliced	3860	4 ct	1.04
46	Submarine Buns (Slab Sliced), 8"	3855	4 ct	1.04
47	Submarine Buns, 2 ½ x 6", white	3400	6 ct	1.12
48	Cornmeal Steak Bun, 6"	3766	24 ct	3.54
49	Whole Grain steak buns	3740	8 ct	1.32
50	Special Kaiser Bun	3360	12 ct	1.40
51	5" Bulk Seeded Kaiser Buns	3685	20 ct	3.20
52	4" Plain Kaiser Buns	3513	30 ct	3.30
53	Double Decker Bun			
	A. Plain	3545	8 ct	1.34
	B. Seeded	3535	8 ct	1.36
54	4" Bulk Seeded Double Deck Buns	3525	30 ct	3.75
	<u>DINNER ROLLS</u>			
55	Snowflake Dinner Roll, 15 oz.	6060	24 ct	2.08
56	Large Cup Dinner Roll, 17 oz.	5001	12 ct	1.44
57	Potato Dinner Rolls, 12 oz.	6065	24 ct	2.66
58	Cluster Rolls	3915	24 ct	1.86
59	Multigrain dinner rolls, 1.25-1.5 oz	6049	12 ct	1.54
60	Whole grain dinner rolls	3920	24 ct	2.08
61	Wheat dinner rolls, 1.25-1.5 oz	6049	12 ct	1.54
62	8 grain dinner rolls - rye	6048	12 ct	1.58
63	Honey dinner rolls	6374	12 ct	1.44
64	Split Top 8 Grain Dinner Rolls, 1.5 oz assorted	9201	155 ct	48.55
65	Sliced Hard Rolls	6105	12 ct	1.96
66	Assorted Dinner Rolls, 1 oz	9200	195 ct	32.80

Item No.	Description	Product No.	Slice/Pack Count	Price
67	Sno Ball Dinner Rolls	6085	24 ct	2.66
68	English muffins	9525	12 ct	2.20
	<u>MISCELLANEOUS</u>			
69	Blueberry Bagels	9531	6 ct	1.48
70	Plain Bagels	9530	6 ct	1.48
71	Individual Banana Flips	9600	5 ct twin	3.00
72	Chocolate Cupcakes	9601	each	0.68
73	Chocolate Delites	9602	6 ct	2.84
74	Crème Filled Fingers	9603	6 ct	3.12
75	Crème Sticks (2 pack)	9604	6 ct twin	2.84
76	Individual Apple Sweet Roll	9605	8 ct	2.84
77	Individual Cinnamon Sweet Roll	9606	each	1.24
78	Individual Bear Claw	9607	each	0.68
79	Individual Butter Danish	9608	each	1.24
80	Maple Twist Rolls, 6 count	9609	6 ct	2.52
81	Mini Powder Sugar Donuts, 16 oz.	9610	30 ct	3.60
82	Mini Powder Sugar Donuts, 6 pack	9611	each	0.96
83	Snowball Cupcakes	9612	8 ct	2.90
	DELIVERY - Monday, Tuesday, Thursday, Friday			

Klosterman Baking Company New Items 8/5/2011

3470 4" 12 count 100% whole wheat hamburger bun	\$1.56
3727 6" 12 count 100% whole wheat hot dog bun	\$1.56
3744 6" 8 count white wheat hoagie bun (ULTRAGRAIN)	\$1.56
3746 6" 8 count 100% whole wheat hoagie	\$1.56
3699 small white wheat breadstick (ULTRAGRAIN) 16 pk.	\$1.60
3939 white wheat slammer bun (ULTRAGRAIN) 24 pk.	\$2.16
7510 Sandwich thin multi grain 8ct.	\$1.12
7511 Sandwich thin whole wheat 8ct.	\$1.12

The Long Company, Independent Bakers Cooperative

Multi Column: 3744 White Whole Wheat 6in Hoagie 1.5oz Klosterman Cincin
Multi-Column

Nutrients	Per Serving	Per 100g
Basic Components		
Gram Weight (g)	43	100
Calories (kcal)	107.64	250.33
Calories from Fat (kcal)	11.86	27.57
Calories from SatFat (kcal)	1.87	4.35
Protein (g)	3.62	8.43
Carbohydrates (g)	19.93	46.35
Dietary Fiber (g)	1.86	4.31
Soluble Fiber (g)	0.29	0.67
Total Sugars (g)	2.74	6.36
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	7.26	16.88
Fat (g)	1.33	3.1
Saturated Fat (g)	0.21	0.48
Mono Fat (g)	0.26	0.6
Poly Fat (g)	0.62	1.44
Trans Fatty Acid (g)	0.01	0.01
Cholesterol (mg)	0	0
Water (g)	17.19	39.97
Ash (g)	0.9	2.1
Vitamins		

Nutrients	Per Serving	Per 100g
Vitamin A - IU (IU)	0	0
Vitamin B1 (mg)	0.15	0.36
Vitamin B2 (mg)	0.08	0.18
Vitamin B3 (mg)	1.44	3.34
Folate (mcg)	23.23	54.02
Vitamin C (mg)	0	0
Vitamin B6 (mg)	0.05	0.12
Vitamin D - IU (IU)	7.78	18.1
Vitamin E - IU (IU)	0.17	0.4
Vitamin K (mcg)	1.71	3.99
Minerals		
Calcium (mg)	38.69	89.98
Iron (mg)	1.12	2.6
Magnesium (mg)	15.04	34.97
Phosphorus (mg)	60.36	140.37
Potassium (mg)	72.27	168.07
Sodium (mg)	196.08	455.99
Zinc (mg)	0.35	0.82
Poly Fats		
Omega 3 Fatty Acid (g)	0.07	0.16
Other Nutrients		
Sugar Alcohol (g)	0	0

By: _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3744 White Whole Wheat 6in Hoagie 1.5oz Klosterman Cincinnati

Nutrition Facts

Serving Size 1 Roll (43g)

Servings Per Container

Amount Per Serving

Calories 110 **Calories from Fat** 10

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 20g **7%**

Dietary Fiber 2g **8%**

Sugars 3g

Protein 4g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

Vitamin D 2% • Thiamin 10%

Riboflavin 4% • Niacin 8%

Folate 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

LONG CO.
NEW TO THE FLOUR BUSINESS SINCE 1900

The Long Company Sample #110920-2

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

8/5/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3744 White Whole Wheat 6in Hoagie 1.5oz Klosterman Cincinnati

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

Contains: Wheat, Soy

The Long Company Sample #110920-2

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 CO.
CONSULTANTS TO THE FLOUR INDUSTRY SINCE 1900

8/5/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3470 Whole Wheat Hamburger Buns 2.1oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (60g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
Vitamin D 4%	• Thiamin 10%
Riboflavin 4%	• Niacin 8%
Folate 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #110378-1

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

8/5/2011

By _____

The Long Company, Independent Bakers Cooperative

Multi Column: Whole Wheat Hamburger Buns 2.1oz Klosterman Cincinnati

Multi-Column

Nutrients	Per Serving	Per 100g
Basic Components		
Gram Weight (g)	60	100
Calories (kcal)	144.11	240.18
Calories from Fat (kcal)	20.6	34.33
Calories from SatFat (kcal)	3.76	6.27
Protein (g)	5.65	9.42
Carbohydrates (g)	27.11	45.18
Dietary Fiber (g)	3.52	5.86
Soluble Fiber (g)	0.59	0.98
Total Sugars (g)	3.47	5.78
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	19.97	33.28
Fat (g)	2.31	3.86
Saturated Fat (g)	0.42	0.7
Mono Fat (g)	0.4	0.66
Poly Fat (g)	1.13	1.89
Trans Fatty Acid (g)	0.01	0.01
Cholesterol (mg)	0	0
Water (g)	23.57	39.28
Ash (g)	1.34	2.24
Vitamins		

Nutrients	Per Serving	Per 100g
Vitamin A - IU (IU)	0	0
Vitamin B1 (mg)	0.16	0.27
Vitamin B2 (mg)	0.05	0.09
Vitamin B3 (mg)	1.6	2.67
Folate (mcg)	14.35	23.92
Vitamin C (mg)	0	0
Vitamin B6 (mg)	0.13	0.22
Vitamin D - IU (IU)	12.77	21.29
Vitamin E - IU (IU)	0.5	0.83
Vitamin K (mcg)	2.98	4.96
Minerals		
Calcium (mg)	43.08	71.8
Iron (mg)	1.27	2.12
Magnesium (mg)	44.67	74.45
Phosphorus (mg)	119.2	198.67
Potassium (mg)	126.01	210.02
Sodium (mg)	258.41	430.69
Zinc (mg)	0.85	1.42
Poly Fats		
Omega 3 Fatty Acid (g)	0.1	0.17
Other Nutrients		
Sugar Alcohol (g)	0	0

By: _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

Whole Wheat Hamburger Buns 2.1oz Klosterman Cincinnati

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

Contains: Wheat

The Long Company Sample #110378-1

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.



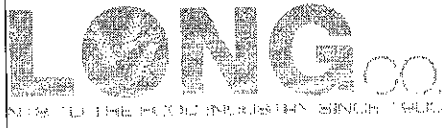
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3699 White Whole Wheat Sm Breadstick 1.2oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Breadstick (34g)	
Servings Per Container	
Amount Per Serving	
Calories 90	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Vitamin D 2%	• Thiamin 8%
Riboflavin 4%	• Niacin 6%
Folate 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #110920-1

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

8/5/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3699 White Whole Wheat Sm Breadstick 1.2oz Klosterman Cincinnati

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

Contains: Wheat, Soy

The Long Company Sample #110920-1

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 CO.
COMMITMENT TO THE FUTURE SINCE 1960

8/5/2011

By _____

The Long Company, Independent Bakers Cooperative

Multi Column: 3699 White Whole Wheat Sm Breadstick 1.2oz Klosterman Cincin

Multi-Column

Nutrients	Per Serving	Per 100g
Basic Components		
Gram Weight (g)	34	100
Calories (kcal)	85.11	250.33
Calories from Fat (kcal)	9.37	27.57
Calories from SatFat (kcal)	1.48	4.35
Protein (g)	2.87	8.43
Carbohydrates (g)	15.76	46.35
Dietary Fiber (g)	1.47	4.31
Soluble Fiber (g)	0.23	0.67
Total Sugars (g)	2.16	6.36
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	5.74	16.88
Fat (g)	1.05	3.1
Saturated Fat (g)	0.16	0.48
Mono Fat (g)	0.2	0.6
Poly Fat (g)	0.49	1.44
Trans Fatty Acid (g)	0	0.01
Cholesterol (mg)	0	0
Water (g)	13.59	39.97
Ash (g)	0.71	2.1
Vitamins		

Nutrients	Per Serving	Per 100g
Vitamin A - IU (IU)	0	0
Vitamin B1 (mg)	0.12	0.36
Vitamin B2 (mg)	0.06	0.18
Vitamin B3 (mg)	1.14	3.34
Folate (mcg)	18.37	54.02
Vitamin C (mg)	0	0
Vitamin B6 (mg)	0.04	0.12
Vitamin D - IU (IU)	6.15	18.1
Vitamin E - IU (IU)	0.14	0.4
Vitamin K (mcg)	1.35	3.99
Minerals		
Calcium (mg)	30.59	89.98
Iron (mg)	0.88	2.6
Magnesium (mg)	11.89	34.97
Phosphorus (mg)	47.73	140.37
Potassium (mg)	57.14	168.07
Sodium (mg)	155.04	455.99
Zinc (mg)	0.28	0.82
Poly Fats		
Omega 3 Fatty Acid (g)	0.05	0.16
Other Nutrients		
Sugar Alcohol (g)	0	0

By: _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

Whole Wheat Hot Dog Buns 1.42oz Klosterman Cincinnati

Nutrition Facts

Serving Size 1 Bun (40g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 4g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 4%

Vitamin D 2% • **Thiamin** 8%

Riboflavin 2% • **Niacin** 6%

Folate 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

LONG CO.
UNITS TO THE FUTURE SINCE 1963

The Long Company Sample #110378

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

8/5/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

Whole Wheat Hot Dog Buns 1.42oz Klosterman Cincinnati

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

Contains: Wheat

The Long Company Sample #110378

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^{CO.}
CONSULTANTS TO THE FOOD INDUSTRY SINCE 1900

8/5/2011

By _____

The Long Company, Independent Bakers Cooperative

Multi Column: Whole Wheat Hot Dog Buns 1.42oz Klosterman Cincinnati

Multi-Column

Nutrients	Per Serving	Per 100g
Basic Components		
Gram Weight (g)	40	100
Calories (kcal)	96.07	240.18
Calories from Fat (kcal)	13.73	34.33
Calories from SatFat (kcal)	2.51	6.27
Protein (g)	3.77	9.42
Carbohydrates (g)	18.07	45.18
Dietary Fiber (g)	2.34	5.86
Soluble Fiber (g)	0.39	0.98
Total Sugars (g)	2.31	5.78
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	13.31	33.28
Fat (g)	1.54	3.86
Saturated Fat (g)	0.28	0.7
Mono Fat (g)	0.26	0.66
Poly Fat (g)	0.76	1.89
Trans Fatty Acid (g)	0	0.01
Cholesterol (mg)	0	0
Water (g)	15.71	39.28
Ash (g)	0.9	2.24
Vitamins		

Nutrients	Per Serving	Per 100g
Vitamin A - IU (IU)	0	0
Vitamin B1 (mg)	0.11	0.27
Vitamin B2 (mg)	0.04	0.09
Vitamin B3 (mg)	1.07	2.67
Folate (mcg)	9.57	23.92
Vitamin C (mg)	0	0
Vitamin B6 (mg)	0.09	0.22
Vitamin D - IU (IU)	8.52	21.29
Vitamin E - IU (IU)	0.33	0.83
Vitamin K (mcg)	1.98	4.96
Minerals		
Calcium (mg)	28.72	71.8
Iron (mg)	0.85	2.12
Magnesium (mg)	29.78	74.45
Phosphorus (mg)	79.47	198.67
Potassium (mg)	84.01	210.02
Sodium (mg)	172.28	430.69
Zinc (mg)	0.57	1.42
Poly Fats		
Omega 3 Fatty Acid (g)	0.07	0.17
Other Nutrients		
Sugar Alcohol (g)	0	0

By: _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

Whole Wheat Hoagie Roll 2.5oz Klosterman Cincinnati

Nutrition Facts

Serving Size 1 Roll (71g)

Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 310mg **13%**

Total Carbohydrate 32g **11%**

Dietary Fiber 4g **16%**

Sugars 4g

Protein 7g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 8%

Vitamin D 4% • Thiamin 15%

Riboflavin 4% • Niacin 10%

Folate 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

LONG CO.

NOTE TO THE PUBLIC: INGREDIENT STATEMENTS

The Long Company Sample #110378-2

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, Independent Bakers Cooperative

Multi Column: Whole Wheat Hoagie Roll 2.5oz Klosterman Cincinnati

Multi-Column

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin A - IU (IU)	0	0
Gram Weight (g)	71	100	Vitamin B1 (mg)	0.19	0.27
Calories (kcal)	170.53	240.18	Vitamin B2 (mg)	0.06	0.09
Calories from Fat (kcal)	24.38	34.33	Vitamin B3 (mg)	1.9	2.67
Calories from SatFat (kcal)	4.45	6.27	Folate (mcg)	16.98	23.92
Protein (g)	6.69	9.42	Vitamin C (mg)	0	0
Carbohydrates (g)	32.08	45.18	Vitamin B6 (mg)	0.15	0.22
Dietary Fiber (g)	4.16	5.86	Vitamin D - IU (IU)	15.12	21.29
Soluble Fiber (g)	0.69	0.98	Vitamin E - IU (IU)	0.59	0.83
Total Sugars (g)	4.1	5.78	Vitamin K (mcg)	3.52	4.96
Monosaccharides (g)	0	0	Minerals		
Disaccharides (g)	0	0	Calcium (mg)	50.98	71.8
Other Carbs (g)	23.63	33.28	Iron (mg)	1.51	2.12
Fat (g)	2.74	3.86	Magnesium (mg)	52.86	74.45
Saturated Fat (g)	0.5	0.7	Phosphorus (mg)	141.05	198.67
Mono Fat (g)	0.47	0.66	Potassium (mg)	149.12	210.02
Poly Fat (g)	1.34	1.89	Sodium (mg)	305.79	430.69
Trans Fatty Acid (g)	0.01	0.01	Zinc (mg)	1.01	1.42
Cholesterol (mg)	0	0	Poly Fats		
Water (g)	27.89	39.28	Omega 3 Fatty Acid (g)	0.12	0.17
Ash (g)	1.59	2.24	Other Nutrients		
Vitamins			Sugar Alcohol (g)	0	0

By: _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3939 White Whole Wheat Slammer Bun 1.25oz Klosterman Cincinnati

Nutrition Facts

Serving Size 1 Bun (35g)
Servings Per Container

Amount Per Serving

Calories 90 **Calories from Fat** 10

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 16g **5%**

Dietary Fiber 2g **8%**

Sugars 2g

Protein 3g

Vitamin A 0% • **Vitamin C** 0%

Calcium 4% • **Iron** 6%

Vitamin D 2% • **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

LONG CO.
NUTRITION & HEALTH PRODUCTS COMPANY

The Long Company Sample #110920-4

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

8/5/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3939 White Wheat Slammer Bun 1.25oz Klosterman Cincinnati

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

Contains: Wheat, Soy

The Long Company Sample #110920-4

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 CO.
CONSULTANTS TO THE PAPER INDUSTRY SINCE 1942

8/5/2011

By _____

The Long Company, Independent Bakers Cooperative

Multi Column: 3939 White Whole Wheat Slammer Bun 1.25oz Klosterman Cincin

Multi-Column

Nutrients	Per Serving	Per 100g
Basic Components		
Gram Weight (g)	35	100
Calories (kcal)	87.62	250.33
Calories from Fat (kcal)	9.65	27.57
Calories from SatFat (kcal)	1.52	4.35
Protein (g)	2.95	8.43
Carbohydrates (g)	16.22	46.35
Dietary Fiber (g)	1.51	4.31
Soluble Fiber (g)	0.24	0.67
Total Sugars (g)	2.23	6.36
Monosaccharides (g)	0	0
Disaccharides (g)	0	0
Other Carbs (g)	5.91	16.88
Fat (g)	1.09	3.1
Saturated Fat (g)	0.17	0.48
Mono Fat (g)	0.21	0.6
Poly Fat (g)	0.5	1.44
Trans Fatty Acid (g)	0	0.01
Cholesterol (mg)	0	0
Water (g)	13.99	39.97
Ash (g)	0.74	2.1
Vitamins		

Nutrients	Per Serving	Per 100g
Vitamin A - IU (IU)	0	0
Vitamin B1 (mg)	0.13	0.36
Vitamin B2 (mg)	0.06	0.18
Vitamin B3 (mg)	1.17	3.34
Folate (mcg)	18.91	54.02
Vitamin C (mg)	0	0
Vitamin B6 (mg)	0.04	0.12
Vitamin D - IU (IU)	6.33	18.1
Vitamin E - IU (IU)	0.14	0.4
Vitamin K (mcg)	1.39	3.99
Minerals		
Calcium (mg)	31.49	89.98
Iron (mg)	0.91	2.6
Magnesium (mg)	12.24	34.97
Phosphorus (mg)	49.13	140.37
Potassium (mg)	58.82	168.07
Sodium (mg)	159.6	455.99
Zinc (mg)	0.29	0.82
Poly Fats		
Omega 3 Fatty Acid (g)	0.05	0.16
Other Nutrients		
Sugar Alcohol (g)	0	0

By: _____