

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1130

1105 Big White Bread 21sl 20oz Klosterman Springfield

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Sodium Stearoyl Lactylate, Monoglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide), Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Calcium Propionate (Preservative), Wheat Starch.

Contains: Wheat

The Long Company Sample #110013

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.



2/28/2011

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1130


1105 Big White Bread 21sl 20oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (27g)	
Servings Per Container 21	
Amount Per Serving	
Calories 70	Calories from Fat 5
<hr/>	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
Vitamin D 4%	• Thiamin 10%
Riboflavin 6%	• Niacin 6%
Folate 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	

The Long Company Sample #110013

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.

2/28/2011

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1290

Grain Essential Bread #21 21sl 20oz Klosterman Springfield

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

Contains: Wheat, Soy

The Long Company Sample #106615

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.

T H E L O N G C O M P A N Y



The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1290

Grain Essential Bread #21 21sl 20oz Klosterman

Nutrition Facts	
Serving Size 1 Slice (27g)	
Servings Per Container 21	
Amount Per Serving	
Calories 60	Calories from Fat 5
<hr/>	
	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Saturated Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

THE LONG COMPANY

The Long Company Sample #106615

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

24 oz. White Sandwich Bread #1005, 1015, 1020

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Dough Conditioners (Monoglycerides, Calcium Peroxide), Wheat Gluten, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Calcium Propionate (Preservative).

Contains: Wheat, Soy

The Long Company Sample #104154

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.

T H E L O N G C O M P A N Y



The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

#1020 24oz White Sandwich Bread 31sl

Nutrition Facts	
Serving Size 2 Slices (44g)	
Servings Per Container 15 1/2	
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 250mg	10%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
Thiamin 15%	• Riboflavin 8%
Niacin 10%	• Folate 10%
*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 300 mg
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 #104154-1

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

24 oz. Wheat Sandwich Bread
1308, 1310

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

Contains: Wheat, Soy

The Long Company Sample #104155

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.

T H E L O N G C O M P A N Y



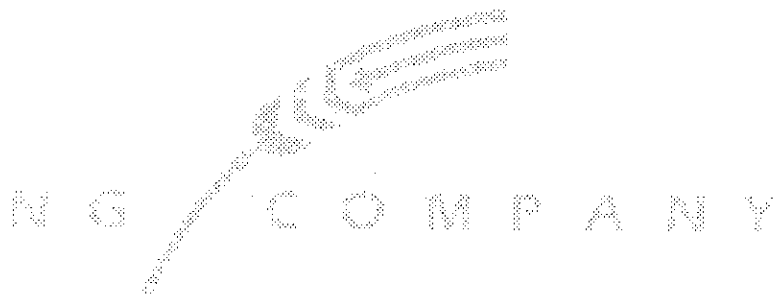
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

24 oz. Wheat Bread Sandwich
#1310

Nutrition Facts	
Serving Size 2 Slices (44g)	
Servings Per Container 15 1/2	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
Thiamin 15%	• Riboflavin 8%
Niacin 10%	• Folate 10%
*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 300 mg
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 #104155-1

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

1448

100% Wheat Bread w Litesse 11 slice 12oz. & 22 slice 24 oz. Klosterman Cincinnati

INGREDIENTS: Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Polydextrose, Contains 2% or less of the following: Soybean Oil, Salt, Honey, Molasses, Vinegar, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Invert Sugar, Corn Syrup, Wheat Starch, High Fructose Corn Syrup, Soy Lecithin, Corn Starch, Calcium Propionate (Preservative), Dough Conditioners (Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Ascorbic Acid, Calcium Peroxide, Azodicarbonamide).

Contains: Wheat, Soy

The Long Company Sample #107066

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.

T H E L O N G C O M P A N Y

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1448

100% Wheat Bread w Litesse 22 sl 24oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Slice (32g)	
Servings Per Container 21	
Amount Per Serving	
Calories 70	Calories from Fat 5
<hr/>	
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 6%	• 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	

THE LONG COMPANY

The Long Company Sample #107066-1

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

1318 Honey Wheatberry Bread 24sl 32oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (38g)	
Servings Per Container 24	
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 140mg	6%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Vitamin D 2%	• Thiamin 6%
Riboflavin 2%	• Niacin 4%
Folate 0%	
*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	



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.

NOTE: This product cannot use the word 'HONEY' in the product name as it does not contain more than 50% of the sweetener as honey or 8% honey.

The Long Company Technical Services

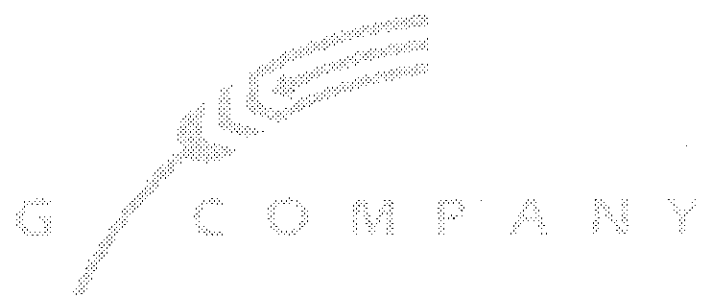
20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1380

Split Top Wheat Bread #8 21sl 20oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (27g)	
Servings Per Container 21	
Amount Per Serving	
Calories 60	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 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Thiamin 4%	• Riboflavin 2%
Niacin 4%	• Folate 0%
*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 #106372

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

1397 Old Fashion Wheat Bread 22sl 20oz Klosterman Springfield

Nutrition Facts

Serving Size 1 Slice (26g)
Servings Per Container 22

Amount Per Serving

Calories 60 **Calories from Fat 5**

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 125mg **5%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 1g

Protein 2g

Vitamin A 0% • **Vitamin C** 0%

Calcium 2% • **Iron** 2%

Vitamin D 2% • **Thiamin** 4%

Riboflavin 2% • **Niacin** 4%

Folate 0%

*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

The Long Company Sample #110014

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.

4/14/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1005 White Sandwich Bread #66 19sl 24oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (36g)	
Servings Per Container 19	
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 200mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 15%	• Riboflavin 8%
Niacin 8%	• Folate 10%
*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

The Long Company Sample #106371

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

1025

White Pullman Bread #15 30sl 28oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (26g)	
Servings Per Container 30	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Vitamin D 2%	• Thiamin 8%
Riboflavin 4%	• Niacin 6%
Folate 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	



The Long Company Sample #107431-2

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.

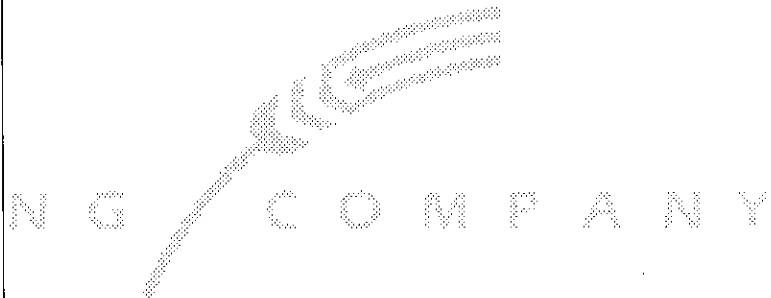
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1305 Wheat Pullman Bread #14 28sl 28oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (28g)	
Servings Per Container 28	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Thiamin 4%	• Riboflavin 2%
Niacin 4%	• Folate 0%
*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 #104412-1

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.

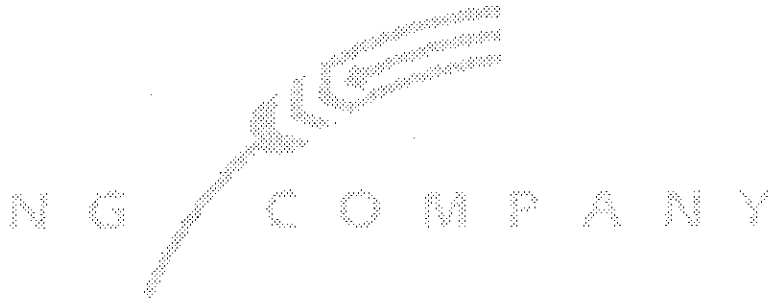
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

Wheat Bread F#24 #1308 26sl 26oz Klosterman Springboro

Nutrition Facts	
Serving Size 1 Slice (26g)	
Servings Per Container 26	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• 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 300 mg
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 #104155

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

White Sandwich Bread F#66 #1015 26sl 24oz Klosterman Springboro

Nutrition Facts	
Serving Size 1 Slice (26g)	
Servings Per Container 26	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 10%	• Riboflavin 6%
Niacin 6%	• Folate 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 300 mg
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 #104154-1

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.

7/25/2008

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1700

Brown N Serve Loaf #37 1700 20sl 24oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Slice (34g)	
Servings Per Container 20	
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 220mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Vitamin D 2%	• Thiamin 15%
Riboflavin 8%	• Niacin 8%
Folate 10%	
*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

The Long Company Sample #102373-1

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.

Company: Orlando Baking Co.
Product: Deli Italian Retail
Formula: 2892
Date: May 13, 1994 16:08:42

8027

Nutrition Facts	
Serving Size 2 slices (45g/1.6oz)	
Servings per container 13.5	
Amount Per Serving	
Calories 110	
Calories From Fat 0	
	<u>% Daily Value</u>
Total Fat 0.5 g	1 %
Saturated Fat 0 g	0 %
Polyunsaturated Fat 0 g *	
Monounsaturated Fat 0 g *	
Cholesterol 0 mg	0 %
Sodium 250 mg	10 %
Total Carbohydrate 24 g	8 %
Dietary Fiber Less than 1 g	3 %
Sugars Less than 1 g	
Protein 5 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 2 %	Iron 8 %
Thiamin 15 % **	Riboflavin 8 % **
Niacin 8 % **	

Note: The above data provide the minimum requirements for Nutrition Labeling. The format is your responsibility since the regulations provide for a number of variations and packaging configurations may influence your format selection.

Nutritional Data Provided by AIB are based solely on information rendered by the bakery and the ingredient manufacturers.

* Required when a No Cholesterol or other Fatty Acid claim is made.

** The information for Thiamin, Riboflavin, and Niacin may be optional in some cases.

Reviewed by _____

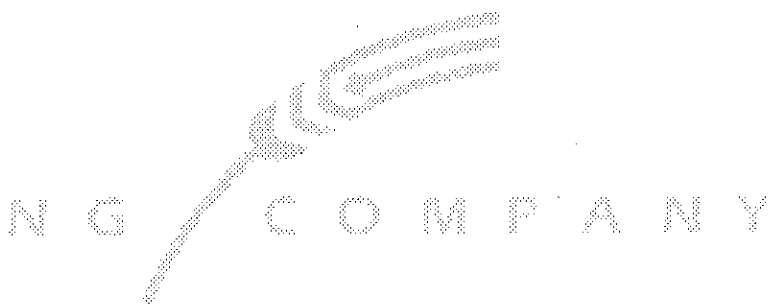
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

Light Rye Bread #1525 31sl 24oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 2 Slices (44g)	
Servings Per Container About 15 1/2	
Amount Per Serving	
Calories 100	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 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
Thiamin 6%	• Riboflavin 2%
Niacin 4%	• Folate 0%
*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 300 mg
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 #103905

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

1550 Light Rye Bread 28sl 32oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 80	Calories from Fat 10
<hr/>	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Vitamin D 2%	• Thiamin 4%
Riboflavin 2%	• Niacin 4%
<hr/>	
Folate 0%	
*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
<hr/>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



The Long Company Sample #109612

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.

NOTE: This product cannot be called 'Light' as it is NOT 1/3 reduced in calories.

The Long Company Technical Services

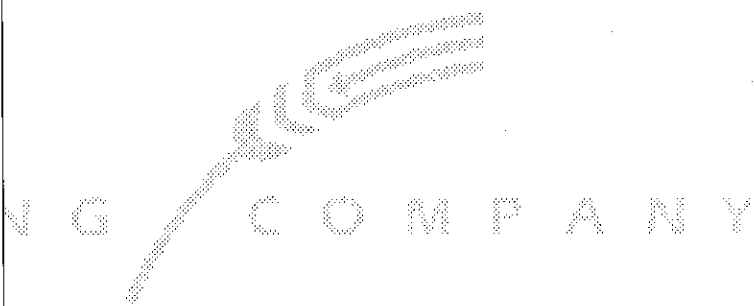
20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1728

Sour Oval Bread #38 29sl 32oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (31g)	
Servings Per Container 29	
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 230mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
Thiamin 6%	• Riboflavin 2%
Niacin 4%	• Folate 0%
*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 #106374

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

1645 Raisin Bread 28sl 32oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Slice (32g)	
Servings Per Container 28	
Amount Per Serving	
Calories 80	Calories from Fat 10
<hr/>	
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Vitamin D 2%	• Thiamin 4%
Riboflavin 2%	• Niacin 2%
Folate 0%	
*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

The Long Company Sample #109607

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.

NOTE: This cannot be called 'Raisin Bread' as it does not contain a minimum of 50% Raisins based on flour weight.

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

1449 Twelve Grain Bread #27 22sl 24oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Slice (31g)	
Servings Per Container 22	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
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 #104315-1

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

Bread Stix #116 3213 16ct 39g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Stix (39g)	
Servings Per Container 16	
Amount Per Serving	
Calories 90	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Vitamin D 2%	• Thiamin 4%
Riboflavin 0%	• Niacin 4%
Folate 0%	
*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 #101122-2

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 Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3708

Bread Stix #116 3708 16ct 34g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Stix (34g)	
Servings Per Container 16	
Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 2%
Vitamin D 0%	• Thiamin 4%
Riboflavin 0%	• Niacin 4%
Folate 0%	
*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 #101122-1

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

3220

Wheat Breadsticks 8ct 12oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Stick (43g)	
Servings Per Container 8	
Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
Vitamin D 2%	• Thiamin 15%
Riboflavin 8%	• Niacin 10%
Folate 10%	
*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.

The Long Company Sample #109589

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.

4/14/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

4" Hamburger Bun 56g
3295, 3300, 3306

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

Contains: Wheat

The Long Company Sample #106034

T H E L O N G  C O M P A N Y

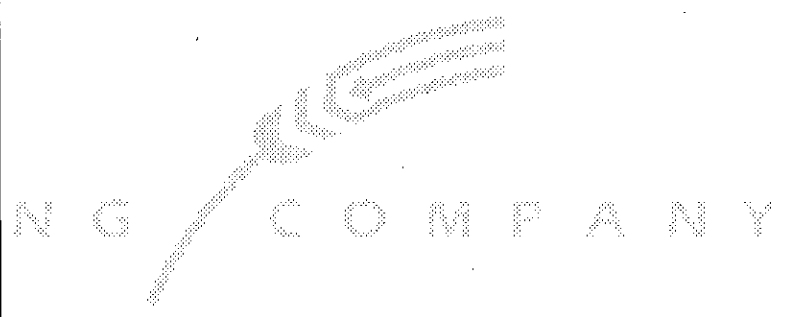
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

4" Hamburger Bun 56g
#3295, 3300, 3306

Nutrition Facts	
Serving Size 1 Bun (56g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 4%
Thiamin 10%	• Riboflavin 2%
Niacin 6%	• Folate 0%
*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 #106034

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3473 Whole Grain Bun 12ct 24oz Klosterman Springfield

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

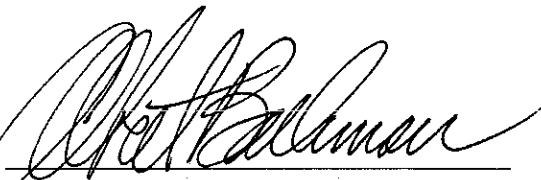
Contains: Wheat

The Long Company Sample #110019

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.



2/28/2011

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3473 Whole Grain Bun 12ct 24oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Bun (57g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 6%
Vitamin D 2%	• Thiamin 10%
Riboflavin 2%	• Niacin 8%
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	

The Long Company Sample #110019

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.

2/28/2011

By



The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3455

Rye Roll #10A 3455 12ct 60g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Roll (60g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 15
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 30g	10%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 6%
Vitamin D 4%	• Thiamin 6%
Riboflavin 2%	• Niacin 6%
Folate 0%	
*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

The Long Company Sample #108008-1

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

3478

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	

LONG

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.

4/14/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3507 Cut Top Seven Grain Kaiser Bun 63g 12ct Klosterman Cincinnati

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Barley Malt, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Yeast, Wheat Bran, Whole Wheat Flour, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Honey, Rye Meal, Oat Bran, Molasses, Barley Grits, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Ascorbic Acid, Potassium Bromate, Azodicarbonamide), Calcium Propionate (Preservative).

Contains: Wheat

The Long Company Sample #109748

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.



2/18/2011

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625


3507 Cut Top Seven Grain Kaiser Bun 63g 12ct Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (63g)	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 20
<hr/>	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 5g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Vitamin D 2%	• Thiamin 20%
Riboflavin 10%	• Niacin 15%
Folate 15%	
*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 #109748

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.

2/18/2011

By 



MIE W.E. LONG BAKERY FOODS LABORATORY

300 W. WASHINGTON ST. CHICAGO, ILLINOIS 60606-1720
312/726-4606 FAX NO. 312/726-4625

BAKERY NAME: KBO, INC.
CITY: SPRINGFIELD

SAMPLE NO.: 614678 ... 09

PRODUCT DESCRIPTION: 3 1/2" Hamburger Bun

3232
3233 (SEEDS)

NUTRITION FACTS

SERVING SIZE 1 ROLL (43 G)
SERVINGS PER CONTAINER 30

AMOUNT PER SERVING

CALORIES 110	CALORIES FROM FAT 20	
		% DAILY VALUE*
TOTAL FAT 2G		3%
SATURATED FAT 0G		0%
CHOLESTEROL 0MG		0%
SODIUM 200MG		8%
TOTAL CARBOHYDRATE 20G		7%
DIETARY FIBER 1G		5%
SUGARS 2G		

PROTEIN 3G

VITAMIN A 0%	*	VITAMIN C 0%	
CALCIUM 4%	*	IRON 6%	
THIAMIN 10%	*	RIBOFLAVIN 6%	
NIACIN 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
SAT 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

BY L. Deegan

Note: This analysis refers only to sample above and is not to be construed as a guarantee of the uniformity of such product or as an endorsement of quality. It is expressly understood that this report, or any portion thereof, may not be printed or otherwise reproduced, except by written permission of the laboratory.

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

Small 12s #2 3005 12ct 40g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Roll (40g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Vitamin D 4%	• Thiamin 15%
Riboflavin 8%	• Niacin 10%
Folate 10%	
*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 85g 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 #108487

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

3294 Hamburger Buns #85C 12ct 23oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (54g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 8%
Vitamin D 4%	• Thiamin 20%
Riboflavin 10%	• Niacin 15%
Folate 15%	
*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

The Long Company Sample #103949-1

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.

4/14/2011

By _____

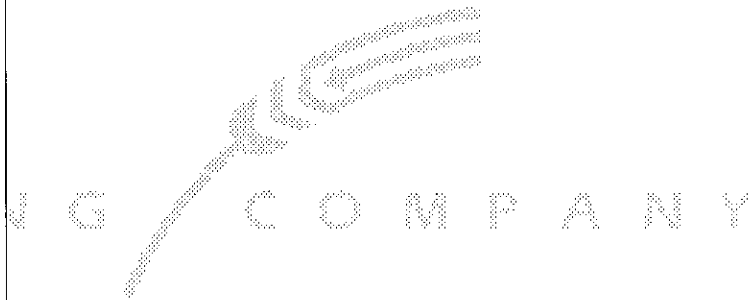
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3927 Slammers 650 Buns 35g 24 ct 32 oz Klosterman Cincinatti

Nutrition Facts	
Serving Size 1 Roll (35g)	
Servings Per Container 12	
Amount Per Serving	
Calories 90	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Thiamin 10%	• Riboflavin 6%
Niacin 8%	• Folate 10%
*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 300 mg
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 #101538

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

3474 White Wheat Bun 12ct 24oz Klosterman Springfield

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

Contains: Wheat, Soy

The Long Company Sample #110018

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

2/28/2011

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3474 White Wheat Bun 12ct 24oz Klosterman Springfield


Nutrition Facts	
Serving Size 1 Bun (57g)	
Servings Per Container 12	
Amount Per Serving	
Calories 140	Calories from Fat 15
<hr/>	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 28g	9%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 4g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
Vitamin D 4%	• Thiamin 10%
Riboflavin 4%	• Niacin 8%
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	



The Long Company Sample #110018

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.

2/28/2011

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3762
~~3805~~

Bake Off #64A 76g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Roll (76g)	
Servings Per Container	
Amount Per Serving	
Calories 190	Calories from Fat 20
<hr/>	
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 36g	12%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 5g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 6%
Thiamin 15%	• Riboflavin 4%
Niacin 8%	• Folate 0%
*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 #105523

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.

3/13/2009

By



The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3710 Large Boston #20 12ct 40g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (40g)	
Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 10
<hr/>	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 19g	6%
Dietary Fiber 0g	0%
Sugars 2g	
Protein 3g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 2%
Vitamin D 2%	• Thiamin 4%
Riboflavin 0%	• Niacin 4%
Folate 0%	
*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

The Long Company Sample #106377-1

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

3002 BBQ Bread HJs #40A 52g Klosterman Cincinnati

Nutrition Facts	
Serving Size (52g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 27g	9%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Thiamin 8%	• Riboflavin 2%
Niacin 6%	• Folate 0%
*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 #105339

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

3709 Grain Essential Hot Dog Bun 45g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (45g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 15
<hr/>	
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
<hr/>	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 6%
Vitamin D 2%	• Thiamin 10%
Riboflavin 6%	• Niacin 8%
Folate 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	

The Long Company Sample #110015

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.

2/28/2011

By



The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3727

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

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.

4/14/2011

By _____

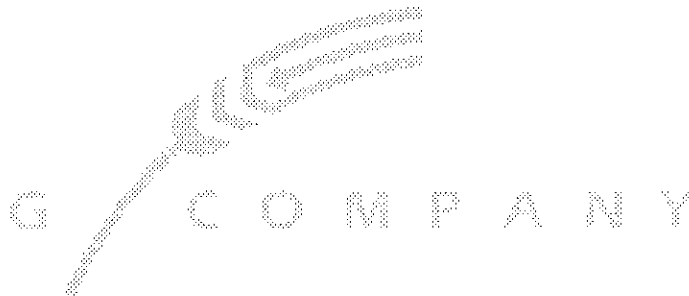
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3210 Footlong Buns #11 6ct 16oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (76g)	
Servings Per Container 6	
Amount Per Serving	
Calories 190	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 36g	12%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 15%	• Iron 10%
Thiamin 25%	• Riboflavin 15%
Niacin 15%	• Folate 20%
*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 300 mg
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 #101540

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

6" French Roll Hoagie
3805, 3806

Nutrition Facts

Serving Size 1 Roll (76g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat** 20

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 420mg **18%**

Total Carbohydrate 36g **12%**

Dietary Fiber 0g **0%**

Sugars 3g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 6% • Iron 6%

Thiamin 15% • Riboflavin 4%

Niacin 8% • Folate 0%

*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

The Long Company Sample #105523

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

3725

Buddy Boy Bun #10 3717 8ct 73g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (73g)	
Servings Per Container 8	
Amount Per Serving	
Calories 180	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 550mg	23%
Total Carbohydrate 35g	12%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 6%
Vitamin D 4%	• Thiamin 8%
Riboflavin 2%	• Niacin 6%
Folate 0%	
*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 #106005-1

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

3852
3853

8in Italian Sub Roll #6 124g Klosterman Springboro

Nutrition Facts	
Serving Size 1 Roll (124g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	27%
Total Carbohydrate 59g	20%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 11g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 20%
Vitamin D 8%	• Thiamin 40%
Riboflavin 25%	• Niacin 30%
Folate 35%	
*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 #109079

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.

9/9/2010

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3855, 3860

8in Italian Sub Roll #6 124g Klosterman Springboro

Nutrition Facts	
Serving Size 1 Roll (124g)	
Servings Per Container	
Amount Per Serving	
Calories 310	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 640mg	27%
Total Carbohydrate 59g	20%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 11g	
Vitamin A 0%	• Vitamin C 0%
Calcium 10%	• Iron 20%
Vitamin D 8%	• Thiamin 40%
Riboflavin 25%	• Niacin 30%
Folate 35%	
*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

The Long Company Sample #109079

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.

4/14/2011

By _____

#3400



Nutrition Facts

Serving Size: 1 Bun (59g)
Servings Per Package: 6

Amount Per Serving

Calories 160 Calories from Fat 25

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Polyunsaturated Fat 2g

Monounsaturated Fat .5g

Cholesterol 0mg 0%

Sodium 280mg 12%

Total Carbohydrate 28g 9%

Dietary Fiber 2g 6%

Sugars 3g

Protein 5g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

Thiamin 15% • Riboflavin 8%

Niacin 10% • Folate 15%

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

Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat 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

INGREDIENTS: ENRICHED FLOUR (FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, CONTAINS 2% OR LESS OF THE FOLLOWING: HIGH FRUCTOSE CORN SYRUP, SALT, SOYBEAN OIL, WHEAT GLUTEN, YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SULFATE, MONOCALCIUM PHOSPHATE), CALCIUM PROPIONATE (A PRESERVATIVE).

KLOSTERMAN BAKING COMPANY
CINCINNATI, OHIO 45229

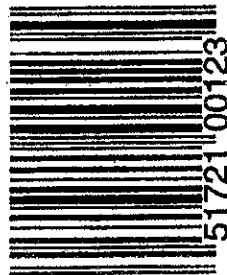
For Conventional Oven Or Toaster Oven

- Remove rolls from bag.
- Place rolls on baking sheet and into preheated 425°F oven (For a crunchier crust, sprinkle lightly with water before heating).
- Heat for five minutes or until golden brown.
- Serve immediately.

From Freezer To Table

- You can freeze "Klosterman Italian Hoagies, which allows you to enjoy delicious rolls at a moment's notice.
- Thaw rolls at room temperature. Once thawed, follow regular heating instructions.

PROOF OF PURCHASE



If you have any questions about this product, please include printed "sell by" date code, along with the proof of purchase panel. - Thank you.

The Long Company Bakery Foods Laboratory

300 W. WASHINGTON STREET CHICAGO, ILLINOIS 60606
 312.726.4606 FAX 312.726.4625

BAKERY NAME: KLOSTERMAN BAKING CO.
 CITY: CINCINNATI

SAMPLE NO.: 614391 - 08

PRODUCT DESCRIPTION: CORNMEAL HOAGIE ROLLS 6 @ 12.5 OZ.

3765
 3766

NUTRITION FACTS

SERVING SIZE 1 ROLL (59 G)
 SERVINGS PER CONTAINER 6

AMOUNT PER SERVING

CALORIES 160 CALORIES FROM FAT 25

% DAILY VALUE*

TOTAL FAT 3G 5%

SATURATED FAT 0G 0%

POLYUNSATURATED FAT 2G

MONOUNSATURATED FAT .5G

CHOLESTEROL 0MG 0%

SODIUM 370MG 15%

TOTAL CARBOHYDRATE 28G 9%

DIETARY FIBER 2G 6%

SUGARS 3G

PROTEIN 5G

VITAMIN A 0% VITAMIN C 0%

CALCIUM 4% IRON 10%

THIAMIN 15% RIBOFLAVIN 8%

NIACIN 10% FOLIC ACID 15%

* 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

	2,000	2,500
TOTAL FAT	LESS THAN 65G	80G
SAT 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



By Rella Dwyer

Note: This analysis refers only to the sample above and is not to be construed as a guarantee of the uniformity of such product or as an endorsement of quality. It is expressly understood that this report, or any portion thereof, may not be printed or otherwise reproduced except by written permission.

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3740

Wheat Hoagie Bun 8ct 20oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Roll (71g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	15%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 8g	
Vitamin A 0%	• Vitamin C 0%
Calcium 8%	• Iron 10%
Vitamin D 2%	• Thiamin 15%
Riboflavin 8%	• Niacin 15%
Folate 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	



The Long Company Sample #108593-1

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

3513 Cut-top Kaiser Bun 30ct 71g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (71g)	
Servings Per Container 30	
Amount Per Serving	
Calories 200	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	14%
Total Carbohydrate 36g	12%
Dietary Fiber 0g	0%
Sugars 6g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
Thiamin 15%	• Riboflavin 4%
Niacin 8%	• Folate 0%
*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 #109718

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

3545, 3535, 3525

3540 Double Decker Hamburger Bun 69g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Bun (69g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 340mg	14%
Total Carbohydrate 35g	12%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
Vitamin D 2%	• Thiamin 10%
Riboflavin 2%	• Niacin 8%
Folate 0%	
*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

The Long Company Sample #109749

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.

4/14/2011

By _____

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

6060 Banquet Rolls #90 24ct 33g Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Roll (33g)	
Servings Per Container 24	
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 180mg	8%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 4%
Vitamin D 2%	• Thiamin 10%
Riboflavin 6%	• Niacin 8%
Folate 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	



The Long Company Sample #108326

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

3915

Panroll #85G 24ct 29.5oz Klosterman Cincinnati

Nutrition Facts

Serving Size 1 Roll (34g)
Servings Per Container 24

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 170mg **7%**

Total Carbohydrate 17g **6%**

 Dietary Fiber 1g **4%**

 Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 6%

Thiamin 10% • Riboflavin 6%

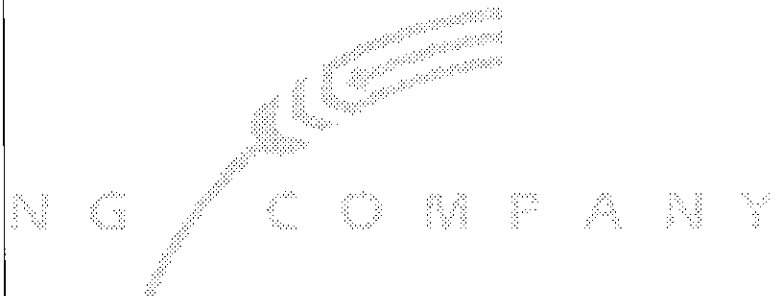
Niacin 8% • Folate 10%

*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	300 mg
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 #102968-1

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

6049 Whole Wheat Dinner Roll 12ct 1.155oz Klosterman Cincinnati

INGREDIENTS: Wheat Flour, Water, Corn Syrup, Wheat Bran, Whole Wheat Flour, Honey, Rye Meal, Oat Bran, Molasses, Barley Grits, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Molasses, Yeast Nutrients (Calcium Sulfate, Ammonium Chloride), Corn Starch, Dough Conditioners (Soy Lecithin, Ascorbic Acid, Azodicarbonamide, Potassium Bromate), Wheat Starch, Calcium Propionate (Preservative).

Contains: Wheat, Soy

The Long Company Sample #110017

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.

NOTE: This product cannot be called 'Whole Wheat' as it contains white flour.



The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

6049 Whole Wheat Dinner Roll 12ct 1.155oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Roll (33g) Servings Per Container 12	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Vitamin D 2%	• Thiamin 4%
Riboflavin 2%	• Niacin 4%
Folate 0%	
*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 #110017

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.

NOTE: This product cannot be called 'Whole Wheat' as it contains white flour.

By 

The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

3920 Wheat Pan Roll 24ct 30oz Klosterman Springfield

Nutrition Facts	
Serving Size 1 Roll (35g)	
Servings Per Container 24	
Amount Per Serving	
Calories 80	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 4g	
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	



The Long Company Sample #108593

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.

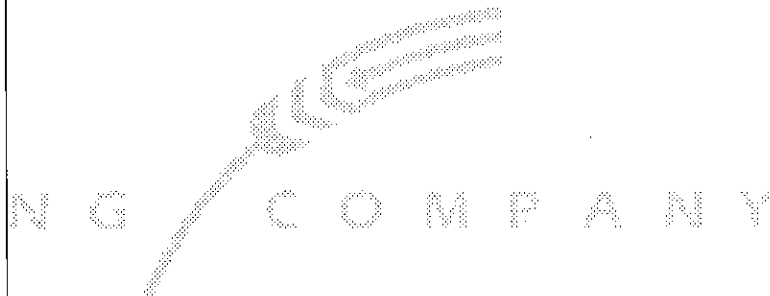
The Long Company Technical Services

20 North Clark Street Suite 650 Chicago, IL 60602

312.726.4606 FAX 312.726.4625

6048 Rye Roll #10A 1.25oz Klosterman Cincinnati

Nutrition Facts	
Serving Size 1 Roll (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 170mg	7%
Total Carbohydrate 18g	6%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 4%
Vitamin D 2%	• Thiamin 4%
Riboflavin 0%	• Niacin 4%
Folate 0%	
*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	

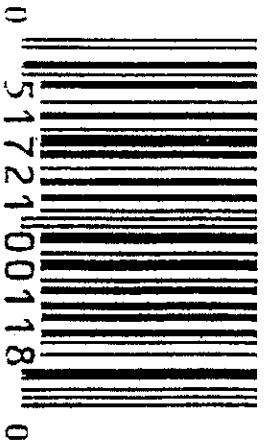


The Long Company Sample #108008

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.

KLOSTERMAN

POTATO ROLLS 12 COUNT*



Nutrition Facts

Serv. Size 2 Rolls (47g)
Servings 6
Calories 130

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 2g	4%	Total Carb. 22g	7%
Sat. Fat 0g	0%	Fiber 1g	5%
Cholest. 0mg	0%	Sugars 2g	
Sodium 220mg	9%	Protein 4g	

*Percent Daily Value (DV) are based on a 2,000 calorie diet. Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 8% • Thiamin 10% • Riboflavin 6% • Niacin 8%

INGREDIENTS: ENRICHED FLOUR (FLOUR, BARLEY MALT, NIACIN, IRON, THIAMIN MONONITRATE, RIBOFLAVIN), WATER, HIGH FRUCTOSE CORN SYRUP, EGGS, YEAST, WHEAT GLUTEN, MARGARINE (SOYBEAN OIL, WATER, SALT, SOY LECITHIN, VITAMIN A PALMITATE), CONTAINS 2% OR LESS OF THE FOLLOWING: POWD FLOUR, SALT, DOUGH CONDITIONERS (MONO AND DIGLYCERIDES, SODIUM STEAROYL LACTYLATE, SOY LECITHIN), CALCIUM PROPIONATE (A PRESERVATIVE), YEAST NUTRIENTS (AMMONIUM SULFATE, CALCIUM SULFATE), PAPRIKA, TURMERIC.

NET WT. 10 oz. 283g

KLOSTERMAN BAKING COMPANY
CINCINNATI, OHIO 45229

#6065



THE W.E. LONG BAKERY FOODS LABORATORY

300 W. WASHINGTON ST. CHICAGO, ILLINOIS 60606-1720
312 / 726-4606 FAX NO. 312 / 726-4625

BAKERY NAME: KBO, INC.
CITY: SPRINGFIELD

SAMPLE NO.: 618998 - 00

PRODUCT DESCRIPTION: BANQUET ROLL 12 AT 16 OZ.

6374

NUTRITION FACTS

SERVING SIZE 1 ROLL (38 G)
SERVINGS PER CONTAINER 12

AMOUNT PER SERVING

CALORIES 100 CALORIES FROM FAT 15

% DAILY VALUE*

TOTAL FAT 2G 3%

SATURATED FAT 0G 0%

POLYUNSATURATED FAT 0G

MONOUNSATURATED FAT 1G

CHOLESTEROL 0MG 0%

SODIUM 190MG 8%

TOTAL CARBOHYDRATE 18G 6%

DIETARY FIBER 1G 5%

SUGARS 3G

PROTEIN 3G

VITAMIN A 0% *

THIAMIN 10%

VITAMIN C 0% *

RIBOFLAVIN 6%

CALCIUM 2% *

NIACIN 6%

IRON 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

SAT 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

BY

Note: This analysis refers only to sample above and is not to be construed as a guarantee of the uniformity of such product or as an endorsement of quality. It is expressly understood that this report, or any portion thereof, may not be printed or otherwise reproduced except by written permission.

9525

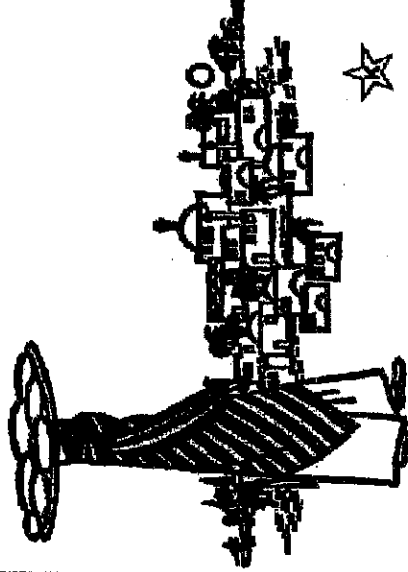
Plain English Muffin

Nutrition Facts	
Serving Size (57g)	
Servings Per Container	
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 220mg	9%
Total Carbohydrate 21g	7%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 4g	
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 300 mg
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: Enriched Bleached Wheat Flour (Wheat flour, malted barley flour, niacin, iron (reduced iron), thiamine mononitrate, riboflavin, and folic acid), Water, Cream Yeast, English Muffin Base (Sugar, wheat gluten, calcium propionate [a preservative], DATEM, citric acid, fumaric acid, salt, malted barley flour, and ascorbic acid), Contains 2% or less of the following: Wheat Gluten, Azodicarbonamide, Salt, Soybean Oil, Muffin Flavor (Medium chain triglycerides, artificial flavors, and natural flavors), Fumaric Acid, Degerminated Yellow Corn Flour, Degerminated Yellow Corn Meal, Calcium Propionate and Potassium Sorbate (preservatives), Soy Lecithin.

Contains Wheat, Soy.

PLAIN



INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR(WHEAT FLOUR, MALTED BARLEY, NIACIN & B VITAMIN), REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMINE B2), FOLIC ACID), WATER, SUGAR, MALT, YEAST, SALT, MONO AND DIGLYCERIDES, CALCIUM PROPIONATE (PRESERVATIVE), CORNMEAL.

NET WT. 18 oz (1LB. 2oz) 514 g

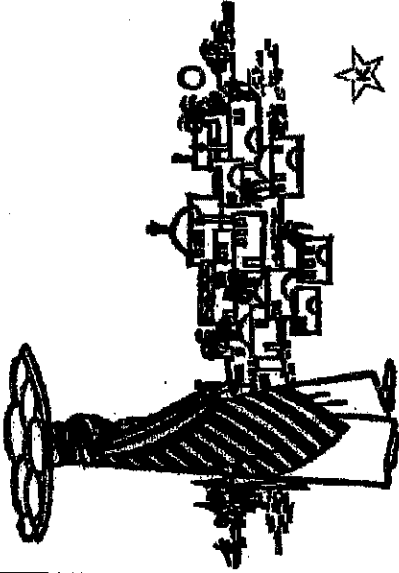


Nutrition Facts	
Serving Size 1 Bagel (89 g/3oz)	
Servings Per Container 6	
Amount per Serving	
Calories 250	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 380mg	16%
Total Carbohydrates 50g	17%
Dietary Fiber 2g	4%
Sugars 2g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 15%
Thiamin 30%	Riboflavin 16%
Niacin 18%	Folic Acid 25%
*Percent Daily Values are based on a diet of 2,000 calories. Your daily values may be higher or lower depending on your calorie needs.	
Calories 2,000	2,500
Total Fat Less Than 85g	85g
Sat Fat Less Than 20g	25g
Cholesterol Less Than 300mg	300mg
Sodium Less Than 2,400mg	2,400mg
Total Carbohydrate Less Than 300g	375g
Dietary Fiber 25g	30g
Calories per gram:	
Fat 9	Carbohydrate 4
Protein 4	

**DISTRIBUTED BY OLD WORLD BAKERY
1933 WEST GALBRAITH ROAD
CINCINNATI, OHIO 45239**

9530

BLUEBERRY



NET WT. 24 oz (1LB. 8oz) 678 g



Nutrition Facts	
Serving Size 1 Bagel (113g/4oz)	
Servings Per Container 6	
Amount per Serving	
Calories 270	Calories from Fat 10
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 385mg	16%
Total Carbohydrates 55g	18%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 11g	
Vitamin A 0%	Vitamin C 0%
Calcium 10%	Iron 31%
Thiamin 30%	Riboflavin 16%
Niacin 16%	Folic Acid 30%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	2,000
Less Than	50g
Sat Fat	25g
Less Than	300mg
Cholesterol	300mg
Less Than	2,400mg
Sodium	300g
Less Than	25g
Total Carbohydrate	30g
Dietary Fiber	
Calories per gram	
Fat 9	Carbohydrate 4
Protein 4	

INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN (A, B, VITAMIN)), REDUCED IRON, THIAMINE MONONITRATE (VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC ACID), WATER, BLUEBERRIES, SUGAR, MALT, YEAST, SALT, MONO and DILYCIDERIDES, CALCIUM PROPIONATE (PRESERVATIVE), NATURAL FLAVOR, ARTIFICIAL FLAVOR, CORNMEAL, RED #40, BLUE #2.

DISTRIBUTED BY OLD WORLD BAKERY
1933 WEST GALBRAITH ROAD
CINCINNATI, OHIO 45239

9541