



## **Sky Blue Foods**

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www.skybluefoods.net

# 51% Whole Wheat Breakfast Bun

Code Number: WWB5160

#### **MEAL PATTERN CONTRIBUTION**

PACK SIZE: 60 ct., Individually Wrapped

PORTION SIZE: 2.6 oz. / 75 g.

23 g of Whole Grains and 16 g of Enriched Grains Per 2.6 oz Serving.

Ingredient	Type	Serving
Whole Wheat Flour	Bread	2.6 oz.

I certify that this information is true and correct according to USDA "Nutrition Standards in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP)" This product contains TWO OZ EQ (OUNCE EQUIVALENCY) GRAIN requirement for the "Nutrition Standards in the National School Lunch and School Breakfast Programs".

SY 2012-2013

**Debra Hartmann - Quality Assurance** 

Debra Hartmann

8/29/2012 Updated

NUTRITION FACTS				
Serving Size: 2.6 oz				
Amount per Serving				
Calories	230 Calories From Fat:	60		
		% Daily Value		
Total Fat	7 g	12%		
Saturated Fat	2 g	10%		
Trans Fat	0 g			
Cholesterol	0 mg	0%		
Sodium	340 mg	14%		
Total Carbohydrate	39 g	12%		
Dietary Fiber	3 g	12%		
Sugars	10 g			
Protein	6 g			
Vitamin A	4% Vitamin C	0%		
Calcium	8% Iron	15%		

<sup>\*</sup> Percent daily values are based on 2,000 calorie diet.

Your daily values may be higher or lower, depending on your calorie needs.

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, ENRICHED FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, VEGETABLE SHORTENING (SOYBEAN OIL, MONO- & DIGLYCERIDES, TBHQ PRESERVATIVE, CITRIC ACID PRESERVATIVE), YEAST, ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), DEXTROSE, CONTAINS LESS THAN 2 % OF EACH OF THE FOLLOWING: SALT, CORN SYRUP, DEFATTED SOY FLOUR, SOYBEAN OIL, CINNAMON, LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA), DATEM, MALTODEXTRIN, CORN STARCH, GLYCERIN, DRIED HONEY, CALCIUM PROPIONATE PRESERVATIVE, SOY LECITHIN, CORN OIL, CORN SYRUP SOLIDS, ASCORBIC ACID ADDED AS A DOUGH CONDITIONER, FOOD STARCH-MODIFIED, TRICALCIUM PHOSPHATE, SILICON DIOXIDE, CITRIC ACID, ENZYMES, AGAR-AGAR, EGG WHITES, SODIUM PROPIONATE PRESERVATIVE, NATURAL FLAVORS, NONFAT MILK, EGGS.

ALLERGY INFORMATION: CONTAINS WHEAT, SOYBEAN, MILK, EGGS. PRODUCED IN A PEANUT - FREE ENVIRONMENT.

SHELF LIFE: 12 months at 10 ° F or lower (frozen);10 days refrigerated; 3 days at room temperature.

## **HEATING INSTRUCTIONS:**

## (Always heat from a thawed state)

Any one of the following can be used:

- \* 200 ° F oven 4-5 min. from thawed state
- \* Bread Warmer for 8-10 minutes
- \* Food warmer at 130 °F for up to 1 hour