

The Long Company Technical Services

16197 Sunshine Avenue
Schoolcraft, MI 49087

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

1005 White Sandwich Bread #66 1sl 34g 20sl 24oz Klosterman-Springfield 01-12-17

Nutrition Facts	
20 servings per container	
Serving size	1 Slice (34g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 28mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Wheat Gluten, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Calcium Propionate (Preservative), Calcium Sulfate, Vitamin D.

Contains: Wheat

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

The Long Company Sample #123915

8/10/2020

By Dan Inman

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The Long Company Technical Services

909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

1012 White Sandwich Bread

Nutrition Facts	
Serving Size 2 Slices (49g)	
Servings Per Container 14	
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 23g	8%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 8%
Thiamin 20%	• Riboflavin 10%
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 calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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

This product contains 0g Whole Grain per serving.

This product contains 31g Enriched Wheat Flour per serving.

8/10/2020

By AL Bachman

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Baking Research and Technology, LLC.

6197 Sunshine Avenue
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49087

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

1290 Whole Grain Bread

Nutrition Facts	
22 servings per container	
Serving size	1 Slice (31g)
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 48mg	2%
Thiamin 0.1mg	8%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Yeast, Soybean Oil, Salt, Calcium Propionate (Preservative), Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Calcium Sulfate, Vitamin D.

Contains: Wheat

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

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

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

NOTE: If this product is made utilizing a Pan Release Agent with Soy Lecithin, Soy Lecithin *must* be added to the Ingredient Statement. Also, the Allergen Statement *must* have Soy listed.
Sample# 127280

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The Long Company Technical Services

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Phone (312)726-4606, ext. 3
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1292 24 OZ WGR SANDWICH BREAD (21C) 1sl 28g 24sl 24oz Klosterman-SprgflD

Nutrition Facts	
24 servings per container	
Serving size	1 Slice (28g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 1g Added Sugars	2%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 34mg	2%
Iron 1mg	6%
Potassium 44mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, Contains 2% or less of the following: Soybean Oil, Salt, Calcium Propionate (Preservative), Ammonium Sulfate, Ascorbic Acid, Citric Acid, Sodium Stearoyl Lactylate, Ethoxylated Mono & Diglycerides, Mono & Diglycerides, Calcium Sulfate, Vitamin D.

Contains: Wheat

2 Slices of this bread has 16.4 grams of Creditable Grains from Whole Grains.

2 Slices of this bread has 15.7 grams of Creditable Grains from Enriched Wheat Flour.

2 Slices of this bread has a total of 32.1 grams of Creditable Grains = 2.0 oz Equivalent

The Long Company Sample #124157

8/10/2020

By **Dan Inman**

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Phone (312)726-4606, ext. 3
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3007 Small 12 Grain Essential 76C 38g 12ct Klosterman-Sprgfld, Revised 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (38g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 53mg	4%
Iron 1mg	6%
Potassium 68mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

1 Bun has 12.4 grams of Creditable Grains from Whole Grains.

1 Bun has 9.3 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 21.7 grams of Creditable Grains = 1.25 oz Equivalents

The Long Company Sample #124160

8/10/2020

By Dan Inman

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3210 WHITE FOOTLONG BUN

Nutrition Facts	
Serving Size 1 Bun (79g)	
Servings Per Container 6	
Amount Per Serving	
Calories 210	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 370mg	15%
Total Carbohydrate 38g	13%
Dietary Fiber 1g	4%
Sugars 5g	
Protein 6g	
Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 10%
Thiamin 30%	• Riboflavin 15%
Niacin 20%	• 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 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 #122364

This product contains 0g Whole Grain per serving.

This product contains 48g Enriched Wheat Flour per serving.

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

8/10/2020

By AL Bachman

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3213 Bread Stix 116 16ct 39g 6-2016 Klosterman

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

Contains: Wheat

The Long Company Sample #122809

This product contains 0g Whole Grain per serving.

This product contains 25g Enriched Wheat Flour per serving.

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



8/10/2020

By AL Bachman

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3221 WGR Bread Stix (66A) 50g 16ct Klosterman Baking, Revised 05-18-17

Nutrition Facts	
16 servings per container	
Serving size 1 Bread Stix (50g)	
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 93mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



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

Contains: Wheat.

1 Bread Stix (50 grams) has: 19.1 grams of Creditable Grains from Whole Grains.

1 Bread Stix (50 grams) has: 12.2 grams of Creditable Grains from Enriched Wheat Flour.

1 Bread Stix has a total of 31.3 grams of Creditable Grains = 1.75 oz Equivalent

The Long Company Sample #122886-1

8/10/2020

By Dan Inman

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Phone (312)726-4606, ext. 3
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3227 3.5in WGR Hamburger Bun(76) 50g 12ct Klosterman-Sprgfld,

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (50g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 84mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

1 Bun has 15 grams of Creditable Grains from Whole Grains.

1 Bun has 12 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 27 grams of Creditable Grains = 1.5 oz Equivalents

The Long Company Sample #124159-2

8/10/2020

By Dan Inman

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3228 3.5in Grain Essential (76) 50g 60ct Klosterman-Sprgfld 03-08-17

Nutrition Facts	
60 servings per container	
Serving size	1 Bun (50g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 84mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

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

The Long Company Sample #124159-3

8/10/2020

By **Dan Inman**

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Phone (312)726-4606, ext. 3
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3295 4in Plain White Bun 85G 60g 12ct Klosterman-Sprgfld, Revised 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	160
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 29g	11%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 64mg	4%
Iron 0mg	0%
Potassium 46mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Wheat Flour, Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Citric Acid.

Contains: Wheat

1 Bun has 0 grams of Creditable Grains from Whole Grains.

1 Bun has 0 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 0 grams of Creditable Grains = 0 oz Equivalents

The Long Company Sample #123954

8/10/2020

By Dan Inman

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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: KLOSTERMAN BAKING CO.
CITY: CINCINNATI

SAMPLE NO.: 614393 - 02

PRODUCT DESCRIPTION: 60 PK FLAIN

3300

NUTRITION FACTS

SERVING SIZE 1 BUN (55 G)
SERVINGS PER CONTAINER 60

AMOUNT PER SERVING

CALORIES 150 CALORIES FROM FAT 25

% DAILY VALUE*

TOTAL FAT	3G	4%
SATURATED FAT	0G	0%
CHOLESTEROL	0MG	0%
SODIUM	260MG	11%
TOTAL CARBOHYDRATE	26G	9%
DIETARY FIBER	1G	6%
SUGARS	3G	

PROTEIN	4G	

VITAMIN A	0%	*
CALCIUM	4%	*
THIAMIN	15%	*
NIACIN	10%	*
VITAMIN C	0%	
IRON	8%	
RIBOFLAVIN	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 _____

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.

The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3474 WGR 4 INCH HAMBURGER BUN

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 100mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

1 Bun has 17.9 grams of Creditable Grains from Whole Grains.

1 Bun has 14.3 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 32.2 grams of Creditable Grains = 2.0 oz Equivalent

The Long Company Sample #124159

8/10/2020

By **Dan Inman**

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3475 WGR 4 INCH HAMBURGER BUN (76) 60g 60ct Klosterman-Sprgfld, Rev. 04-20-17

Nutrition Facts	
60 servings per container	
Serving size	1 Bun (60g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 100mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

1 Bun has 17.9 grams of Creditable Grains from Whole Grains.

1 Bun has 14.3 grams of Creditable Grains from Enriched Wheat Flour.

1 Bun has a total of 32.2 grams of Creditable Grains = 2.0 oz Equivalent

The Long Company Sample #124159-1

8/10/2020

By Dan Inman

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3699 Sm WGR Bread Stix

Nutrition Facts	
Serving Size 1 Bread Stix (31g)	
Servings Per Container 16	
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 135mg	6%
Total Carbohydrate 13g	4%
Dietary Fiber 1g	4%
Sugars 0g	
Protein 3g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 4%
Thiamin 8%	• Riboflavin 4%
Niacin 6%	• Folate 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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

Contains: Wheat

- 1 Stix has 11 grams of Creditable Grains from Whole Grains.
- 1 Stix has 7 grams of Creditable Grains from Enriched Wheat Flour.
- 1 Stix has a total of 18 grams of Creditable Grains = 1.00 oz. Equivalents

Baking Research and Technology, LLC.

6197 Sunshine Avenue
Schoolcraft, MI
49087

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

3709 Whole Grain Hot Dog Buns

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (45g)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 3g Added Sugars	6%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 73mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
Niacin 2mg	15%
Folate 48mcg DFE	10%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sunflower Lecithin, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, DATEM, Ascorbic Acid.

Contains: Wheat.

One 45g Serving of this product contains: 13.9 grams of Whole Grains
One 45g Serving of this product contains: 11.6 grams of Enriched Flour
Total of 24.5 grams Whole Grains = 1.5 oz Equivalent Grains Credits

Sample #124391R

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The Long Company Technical Services

909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

3710 HOT DOG BUN #20 40g 12ct Klosterman-Cinn, Revised 04-20-17

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (40g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 20g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 32mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Wheat Gluten, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, Ascorbic Acid, Citric Acid.

Contains: Wheat

1 Bun has 0 grams of Creditable Grains from Whole Grains.
1 Bun has 26.1 grams of Creditable Grains from Enriched Wheat Flour.
1 Bun has a total of 0 grams of Creditable Grains = 0 oz Equivalent

The Long Company Sample #123571

8/10/2020

By Dan Inman

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The Long Company Technical Services

909 South Route 83, Suite 105 Elmhurst, IL 60126

312.726.4606 FAX 312.726.4625

3717 Buddy Boys 65 67g 8ct

INGREDIENTS: Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Corn Syrup, Soybean Oil, Contains 2% or less of the following: Yeast, Salt, Dough Conditioners (Monoglycerides, Sodium Stearoyl Lactylate, Ascorbic Acid), Sugar, Partially Hydrogenated Soybean and/or Cottonseed Oil, Acetic Acid, Lactic Acid, Malted Barley Flour, Calcium Propionate (Preservative), Yeast Nutrients (Calcium Sulfate, Ammonium Sulfate).

Contains: Wheat

The Long Company Sample #122881

This product contains 0g Whole Grain per serving.

This product contains 40g Enriched Wheat Flour per serving.

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

THE LONG COMPANY
PREMIER CONSULTANTS TO THE BAKING INDUSTRY SINCE 1900

8/10/2020

By AL Bachman

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3736 Large Whole Grain Hot Dog Buns

Nutrition Facts	
12 servings per container	
Serving size	1 Bun (58g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 94mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Monoglycerides, Calcium Propionate (Preservative), DATEM, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Citric Acid.

Contains: Wheat

One 58g Serving of this product contains: 17.6 grams of Whole Grains
One 58g Serving of this product contains: 14.7 grams of Enriched Flour
Total of 32.3 grams Whole Grains = 2 oz Equivalent Grains Credits

The Long Company Sample #124198-1

8/10/2020

By Dan Inman

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3737 5in WGR Hoagie

Nutrition Facts	
servings per container	
Serving size	1 Roll (62g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 2mg	10%
Potassium 101mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Sugar, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, High Fructose Corn Syrup, Sunflower Lecithin, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ascorbic Acid.

Contains: Wheat

1 Roll (62 grams) has: 17.8 grams of Creditable Grains from Whole Grains.
1 Roll (62 grams) has: 16.7 grams of Creditable Grains from Enriched Wheat Flour.
1 Roll has a total of 34.5 grams of Creditable Grains = 2.00 oz Equivalent

The Long Company Sample #119032-1

8/10/2020

By **Dan Inman**

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The Long Company Technical Services

1617 Sunshine Avenue
Schoolcraft, MI 49087

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

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

Nutrition Facts	
64 servings per container	
Serving size	1 Bun (58g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	10%
Potassium 93mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Folate 61mcg DFE	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Monoglycerides, Calcium Propionate (Preservative), DATEM, Calcium Sulfate, Ammonium Sulfate, Ascorbic Acid, Citric Acid.

Contains: Wheat

One 58g Serving of this product contains: 17.6 grams of Whole Grains
One 58g Serving of this product contains: 14.7 grams of Enriched Flour
Total of 32.3 grams Whole Grains = 2 oz Equivalent Grains Credits

The Long Company Sample #124198-3

8/10/2020

By Dan Inman

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The Long Company Technical Services

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Phone (312)726-4606, ext. 3
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3742 WGR HINGED HOGIE (66) 66g 8ct Klosterman Baking

Nutrition Facts	
8 servings per container	
Serving size	1 Bun (66g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 30g	11%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 3mg	15%
Potassium 109mg	2%
Thiamin 0.4mg	35%
Riboflavin 0.2mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



INGREDIENTS: Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Soybean Oil, Yeast, Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sunflower Lecithin, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Calcium Sulfate, Ammonium Sulfate, Monoglycerides, DATEM, Ascorbic Acid.

Contains: Wheat

1 Bun (66 grams) has: 20.8 grams of Creditable Grains from Whole Grains.
 1 Bun (66 grams) has: 17.3 grams of Creditable Grains from Enriched Wheat Flour.
 1 Bun has a total of 38.1 grams of Creditable Grains = 2.25 oz Equivalents

The Long Company Sample #124391-1

8/10/2020

By **Dan Inman**

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3915 White Pan Dinner Roll 36g 24serv, Klosterman Baking 05-18-17

Nutrition Facts	
24 servings per container	
Serving size	1 Roll (36g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0mg	0%
Potassium 28mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Flour (Wheat Flour, Malted Barley Flour), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Wheat Gluten, Salt, Sodium Stearoyl Lactylate, Ascorbic Acid, Calcium Sulfate, Ammonium Sulfate, Calcium Propionate (Preservative).

Contains: Wheat

1 Roll (36 grams) has: 0.0 grams of Creditable Grains from Whole Grains.

1 Roll (36 grams) has: 23.1 grams of Creditable Grains from Enriched Wheat Flour.

1 Roll has a total of 0 grams of Creditable Grains = 0.00 oz Equivalents

*Must have 51% Whole Grains

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

The Long Company Sample #124057-1

8/10/2020

By Dan Inman

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3920 Whole Grain Pan Dinner Roll

Nutrition Facts	
24 servings per container	
Serving size	1 Roll (36g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	7%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 63mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

1 Roll (36 grams) has: 12.2 grams of Creditable Grains from Whole Grains.
1 Roll (36 grams) has: 9.1 grams of Creditable Grains from Enriched Wheat Flour.
1 Roll has a total of 21.3 grams of Creditable Grains = 1.25 oz Equivalents

The Long Company Sample #124115-1

8/10/2020

By **Dan Inman**

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The Long Company Technical Services

16197 Sunshine Avenue
Schoolcraft, MI 49087

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

3927 Slammer Buns #81 34g 24ct KlostermanSprgfld

Nutrition Facts	
24 servings per container	
Serving size	1 Bun (34g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 23mg	0%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Soybean Oil, Wheat Gluten, Salt, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Ammonium Sulfate, Ascorbic Acid, Citric Acid, Calcium Sulfate.

Contains: Wheat

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

The Long Company Sample #124169

8/10/2020

By Dan Inman

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3933 Large Whole Grain Pan Roll

Nutrition Facts	
12 servings per container	
Serving size	1 Roll (57g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 85mg	6%
Iron 2mg	10%
Potassium 103mg	2%
Thiamin 0.3mg	25%
Riboflavin 0.2mg	15%
Niacin 2mg	15%
Folate 60mcg DFE	15%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: Whole White Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Wheat Gluten, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Molasses, Invert Sugar, Corn Syrup, Wheat Starch, Sunflower Lecithin, Calcium Propionate (Preservative), Sodium Stearoyl Lactylate, Vinegar, Calcium Sulfate, Ammonium Sulfate, Ethoxylated Mono and Diglycerides, Ascorbic Acid, Citric Acid.

Contains: Wheat

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

Sample# 126581

8/10/2020

By **Dan Inman**

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The Long Company Technical Services

6197 Sunshine Avenue
Schoolcraft, MI 49087

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

3939 Whole Grain Slammer Bun

Nutrition Facts	
24 servings per container	
Serving size	1 Bun (34g)
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 2g Added Sugars	4%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 59mg	2%
Thiamin 0.2mg	15%
Riboflavin 0.1mg	8%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	



INGREDIENTS: White Whole Wheat Flour, Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Honey, Invert Sugar, Corn Syrup, Wheat Starch, Molasses, Sodium Stearoyl Lactylate, Vinegar, Calcium Propionate (Preservative), Calcium Sulfate, Ascorbic Acid, Ammonium Sulfate, Citric Acid, Ethoxylated Mono- and Diglycerides.

Contains: Wheat

One 34g Serving of this product contains: 10.9 grams of Whole Grains

One 34g Serving of this product contains: 8.2 grams of Enriched Flour

Total of 19.1 grams Whole Grains = 1.0 oz Equivalent Grains Credits

The Long Company Sample #124154-2

8/10/2020

By **Dan Inman**

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The Long Company Bakery Foods Laboratory

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

BAKERY NAME: NEW HORIZONS BAKING CO.
 CITY: MAUMEE

SAMPLE NO.: 641184 - 00

PRODUCT DESCRIPTION: FREMONT TRADITIONAL ENGL MUFFINS

#9525

NUTRITION FACTS

SERVING SIZE 1 MUFFIN (56 G)
 SERVINGS PER CONTAINER 12

AMOUNT PER SERVING

CALORIES 130 CALORIES FROM FAT 10

% DAILY VALUE*

TOTAL FAT 1G 2%

SATURATED FAT 0G 0%

POLYUNSATURATED FAT 1G

MONOUNSATURATED FAT 0G

CHOLESTEROL 0MG 0%

SODIUM 270MG 12%

TOTAL CARBOHYDRATE 25G 9%

DIETARY FIBER 2G 8%

SUGARS 1G

PROTEIN 5G

VITAMIN A 0% VITAMIN C 0%

CALCIUM 6% IRON 8%

THIAMIN 15% RIBOFLAVIN 8%

NIACIN 10% FOLIC ACID 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

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.

PLAIN 3OZ
03/21/2018

Nutrition Facts	
6 servings per container	
Serving size 1 bagel 3 oz (85g)	
Amount per serving	
Calories	190
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 40g	15%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 1g Added Sugars	2%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 153mg	10%
Iron 2mg	10%
Potassium 77mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: ENRICHED HIGH GLUTEN FLOUR (WHEAT FLOUR, MALTED BARLEY, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, YEAST, SALT, SUGAR, CALCIUM PROPIONATE (PRESERVATIVE), MONO-DIGLYCERIDES, MALT, ENZYME, SORBIC ACID, CORNMEAL.

Contains Wheat.

Produced on Equipment that Processes Egg and Soy.