CARAVAN INGREDIENTS

7905 Quivira Road
Lenexa, KS 66215
Ph: 800-669-4092
Fax 913-888-4970

Whole Wheat Kaiser Roll (3.3oz) - Neri Bakery 04.14.10

Nutrition Facts

Serving Size 1 Roll (94g)
Servings Per Container

Amount Per Serving

Calories 230 Calories from Fat 20

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 500mg	21%
Total Carbohydrate 48g	16%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 9g	

Vitamin A 0%	• Vitamin C 15%
Calcium 6%	• Iron 15%
Thiamin 25%	• Riboflavin 10%
Niacin 20%	• 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:

WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, CANOLA OIL, VITAL WHEAT GLUTEN, SUGAR, MALTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), HYDROLYZED WHEAT GLUTEN, POTASSIUM - IODATE , WHEAT FLOUR, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE.

Notes:

The information listed above has been compiled from publications of the USDA and from data provided by Caravan's suppliers.

To estimate the nutritional composition of a final baked product composition information for ALL ingredients is required.

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7905 Quivira Road
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Small Whole Wheat Kaiser Roll (2.4 oz) - Neri's Bakery 07.05.13

One 68 gram roll contains 24 grams Whole Grain

Nutrition Facts

Serving Size 1 Roll (68g)
Servings Per Container 8

Amount Per Serving	
Calories 190	Calories from Fat 20
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 510mg	21%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 7g	

Vitamin A 0%	• Vitamin C 0%
Calcium 6%	• Iron 10%
Thiamin 20%	• Riboflavin 8%
Niacin 15%	• 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

WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, CANOLA OIL, VITAL WHEAT GLUTEN, SUGAR, MALTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), HYDROLYZED WHEAT GLUTEN, POTASSIUM - IODATE , WHEAT FLOUR, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE.

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6 inch Whole Wheat Club Roll (2.4 oz) - Neri's Bakery 07.05.13

One 68 gram roll contains 22 grams Whole Grain

Nutrition Facts

Serving Size 1 Roll (68g)
Servings Per Container 6

Amount Per Serving

Calories 180 Calories from Fat 15

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 490mg	20%
Total Carbohydrate 33g	11%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 7g	

Vitamin A 0% • Vitamin C 0%
Calcium 6% • Iron 10%
Thiamin 20% • Riboflavin 6%
Niacin 15% • 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

Ingredients:

WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, CANOLA OIL, VITAL WHEAT GLUTEN, SUGAR, MALTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), HYDROLYZED WHEAT GLUTEN, POTASSIUM · IODATE , WHEAT FLOUR, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE.

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7905 Quivira Road
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Whole Wheat Texas Roll (1.9 oz) - Neri Bakery rev. 08.29.11

Nutrition Facts

Serving Size 1 Roll (54g)
Servings Per Container

Amount Per Serving	
Calories 130	Calories from Fat 10
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 5g	

Vitamin A 0%	• Vitamin C 0%
Calcium 4%	• Iron 8%
Thiamin 15%	• Riboflavin 6%
Niacin 10%	• 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

Ingredients:

WATER, WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), YEAST, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, CANOLA OIL, VITAL WHEAT GLUTEN, SUGAR, MALTED WHEAT FLOUR, CALCIUM PROPIONATE (PRESERVATIVE), HYDROLYZED WHEAT GLUTEN, POTASSIUM - IODATE , WHEAT FLOUR, ASCORBIC ACID (VITAMIN C), ENZYMES, CALCIUM SULFATE.

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Whole Wheat Bagel (5 oz) - Neri Bakery

Nutrition Facts

Serving Size 1 Bagel (113g)
Servings Per Container

Amount Per Serving

Calories 350	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 790mg	33%
Total Carbohydrate 78g	26%
Dietary Fiber 7g	28%
Sugars 13g	
Protein 13g	

Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 20%
Thiamin 30%	• Riboflavin 15%
Niacin 25%	• 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

Ingredients:

WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR (WHEAT FLOUR, MALTED BARLEY FLOUR NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), SUGAR, WHEAT FLAKES, CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: SALT, YEAST, WHEAT FLOUR (CONTAINS BARLEY MALT FLOUR), HYDROLYZED WHEAT GLUTEN, CANOLA OIL, ASCORBIC ACID, ENZYMES, CALCIUM SULFATE.

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