

Nutritional Information for BUN SUB SLCD WGRAIN 5" 12-8CT GFS

Product Number:	276142
Description:	AP Bun, Sub, WGrain, 5", GFS

Nutritional Information			
Serving Size 1 each (58 g)			
Amount Per Serving			
Calories 150		Calories from Fat 18	
		% Daily Value	
Total Fat	2 g	3%	
Saturated Fat	1 g	3%	
Trans Fat	0 g		
PolyUnSat	n/a	n/a	
MonoUnSat	n/a	n/a	
Cholesterol	0 mg	0%	
Sodium	200 mg	8%	
Potassium	95 mg	3%	
Total Carbs	28 g	9%	
Dietary Fiber	4 g	16%	
Sugars	3 g	n/a	
Protein	6 g	12%	
Vitamin A -	0%	Vitamin C -	0%
Calcium -	4%	Iron -	15%
Percent Daily Values are based on a 2,000 calorie diet			
Calories Per Gram:			
Fat	9	Carbohydrates	4
		Protein	4

Water Soluble Vitamins		Minerals	
Thiamin B1	0 mg	Phosphorus	n/a
Riboflavin B2	0 mg	Zinc	n/a
Niacin B3	3 mg	Magnesium	n/a
Pyridoxine B6	n/a	Copper	n/a
Cobalamin B12	n/a	Selenium	n/a
Pantothenic Acid	n/a	Calcium	40 mg
Vitamin C	0 mg	Iron	3 mg
Folic Acid	100 mcg	Manganese	n/a
		Iodine	n/a

School Equivalents		Fat Soluble Vitamins	
1 Each		Vitamin D	n/a
Child Nutrition Label	No	Vitamin D	n/a
		Vitamin E	n/a
Meat/Meat Alternative	n/a	Vitamin K	n/a
Fruit/Vegetables	n/a	Vitamin A	0 IU
Grain/Bread	n/a	Vitamin A	n/a
Updated for New Final Rule			
Meat/Meat Alternate	0.00 oz		
Grain/Bread	2.00 oz eq		
Fruit	0.00 cup		
Vegetable:			
Red/Orange	0.00 cup		
Dark Green	0.00 cup		
Starchy	0.00 cup		
Beans/Peas	0.00 cup		
Other	0.00 cup		
Notes:			
n/a			

Ingredients:	Whole grain wheat flour, enriched bleached flour [wheat flour, malted barley flour, wheat starch, reduced iron, thiamine mononitrate (vitamin b1), riboflavin (vitamin b2), niacin (vitamin b3), folic acid], water, high fructose corn syrup, wheat bran, wheat gluten, yeast, soybean oil, whole grain oatmeal, salt, rye flour, barley flakes, vinegar, sodium stearoyl lactylate, date m, calcium propionate (a preservative), sodium gluconate, potassium chloride, calcium sulfate, ascorbic acid, azodicarbonamide, calcium peroxide. COMMON ALLERGENS PRESENT: Wheat. Nutrition and Ingredient statement updated September 2013. The ingredient and nutrition information provided here reflects the current information provided to GFS by its suppliers. Prior to consuming the product, individuals with severe food allergies should confirm the ingredient information on the actual label of the product.
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