Great Harvest Bread Co.

Bread. The way it ought to be.™

Goodies Nutrition

Nutrition information may vary bakery to bakery, please check with your local bakery for the most accurate nutrition, ingredient, and allergen information

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Bars & Brownies													
Big Kahuna Bar (103g)	460	170	19	12	0	35	170	69	4	50	31	7	Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Sweetened Condensed Milk (Milk, Sugar), Butter, Oats, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Coconut (Unsulfered Coconut), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, MILK, SOY, COCONUT, EGG
Blondie (107g)	530	270	30	13	0.5	90	230	60	2	40	33	6	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Pecans, Eggs, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives)), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PECAN, EGG, SOY
Blondie (125g)	620	310	35	16	0.5	105	260	70	2	46	39	7	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Pecans, Eggs, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PECAN, EGG, SOY
Cashew Crunch Bar (67g)	330	180	20	8	0	35	200	36	2	22	21	6	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Peanuts, Honey, Cashews, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Eggs, Pumpkin Seeds, Sunflower Seeds, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, MILK, PEANUT, CASHEW, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Chocolate Chip Brownie (152g)	730	380	43	26	1	145	115	86	7	63	63	9	Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Brown Sugar, Butter, Fresh Ground 100% Whole Wheat Flour, Eggs, Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: MILK, WHEAT, EGG
Chocolate Chip Walnut Brownie (149g)	730	390	44	24	1	145	115	82	7	60	59	10	Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Brown Sugar, Fresh Ground 100% Golden Whole Wheat Flour, Butter, Eggs, Walnuts, Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: MILK, WHEAT, WALNUT, EGG
Salted Caramel Brownie (143g)	690	350	39	23	1	150	280	81	6	59	55	9	Brown Sugar, Butter, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Fresh Ground 100% Whole Wheat Flour, Eggs, Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono- and Diglycerides, Natural Flavor, Soy Lecithin), Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Sea Salt, Salt CONTAINS: WHEAT, MILK, EGG, SOY
Turtle Brownie (151g)	740	380	43	24	1	150	130	85	6	62	58	10	Brown Sugar, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butter, Fresh Ground 100% Whole Wheat Flour, Eggs, Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono- and Diglycerides, Natural Flavor, Soy Lecithin), Pecans, Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: MILK, SOY, WHEAT, PECAN, EGGS
Harvest Bar (58g)	260	90	11	1.5	0	0	75	39	4	21	13	6	Oats, Honey, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Brown Sugar, Millet, Raisins, Sunflower Seeds, Pumpkin Seeds, Canola Oil, Flax Seeds, Sesame Seeds, Water, Wheat Germ, Coconut (Unsulfered Coconut), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon, Salt, Ginger Root CONTAINS: WHEAT, COCONUT
Lemon Bar (127g)	430	150	16	9	0.5	115	240	67	1	39	38	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Eggs, Butter, Lemon Juice, Confectioners Sugar, Whole Milk (Milk, Vitamin D3), Cornstarch, Lemon Peel, Salt CONTAINS: WHEAT, EGG, MILK
Mud Bar (180g)	870	420	47	30	1	150	140	105	3	65	49	11	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Brown Sugar, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Eggs, Rolled Oats, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: EGG, MILK, WHEAT, SOY

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Pecan Bar (62g)	330	210	23	7	0	35	240	30	2	19	19	4	Pecans, Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Corn Syrup, Eggs, Salt, Rum Extract (Alcohol, Water, Rum, Natural Flavor), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: PECAN, WHEAT, MILK, EGG
Savannah Bar with Blueberries (168g)	530	170	19	12	0.5	55	210	85	7	54	48	8	Blueberries, Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butter, Oats, Coconut Coconut (Unsulfered Coconut), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, MILK, COCONUT, EGG
Savannah Bar with Raspberries (158g)	520	170	19	12	0.5	55	210	82	7	52	48	8	Brown Sugar, Raspberries, Fresh Ground 100% Whole Wheat Flour, Butter, Oats, Coconut Coconut (Unsulfered Coconut), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, MILK, COCONUT, EGG
Toffee Square (89g)	460	250	28	15	0	40	115	53	2	39	24	4	Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Toffee Bits (Sugar, Palm Oil, Dairy Butter (Milk), Almonds (Roasted in Cocoa Butter and/or Sunflower Oil), Salt, Artificial Flavor, Soy Lecithin), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Brown Sugar, Walnuts, Egg Yolks, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: MILK, WHEAT, ALMOND, WALNUT, EGG
Trek Bar (93g)	400	170	19	4	0	0	105	54	6	29	21	11	Peanut Butter (Peanuts, Cane Sugar, Palm Fruit Oil, Salt), Honey, Rolled Oats, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Chocolate Chips Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Wheat Germ, Peanuts, Oat Bran, Millet, Flax Seeds, Sunflower Seeds, Sesame Seeds, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon CONTAINS: PEANUTS, WHEAT, MILK

Cookies

Autumn Spice Cookie (52g)	230	80	9	5	0	25	115	35	3	22	16	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Raisins, Dried Apricots (Apricots, Sulfer Dioxide (Added for Color Retension and Preservative)), Eggs, Water, Salt, Ground Cinnamon, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda, Allspice CONTAINS: EGG, MILK, WHEAT
Autumn Spice Cookie (113g)	450	160	19	10	0.5	55	240	69	5	43	31	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Raisins, Dried Apricots (Apricots, Sulfer Dioxide (Added for Color Retension and Preservative)), Eggs, Water, Salt, Ground Cinnamon, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda, Allspice CONTAINS: EGG, MILK, WHEAT
Brown Butter Caramel Crunch Cookie (99g)	450	210	23	11	0.5	80	1030	53	4	37	26	8	Fresh Ground 100% Whole Wheat Flour, Butter, Brown Sugar, Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono- and Diglycerides, ans Soy Lecithin), Eggs, Sugar, Almond Flour, Almonds, Sea Salt, Baking Soda, Salt CONTAINS: WHEAT, MILK, SOY, EGG, ALMOND

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Chocolate Bliss Cookie (69g)	280	130	15	8	0	45	75	40	2	33	33	3	Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Sugar, Eggs, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Unsweetened Chocolate, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: MILK, EGG, WHEAT
Chocolate Candy Cane Crunch Cookie (110g)	470	180	21	12	0.5	50	230	69	5	43	35	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Peppermint Flavor Candy (Sugar, Corn Syrup, Peppermint Oil, Artificial Color (Red 40), Soy), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Cocoa Powder, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, SOY, EGG
Chocolate Candy Cane Crunch Half Size Cookie (54g)	240	90	10	6	0	25	115	34	3	22	18	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Peppermint Flavor Candy (Sugar, Corn Syrup, Peppermint Oil, Artificial Color (Red 40), Soy), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Cocoa Powder, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, SOY, EGG
Chocolate Mint Cookie (108g)	500	240	27	16	1	80	240	64	2	41	34	6	Enriched White Flour (Wheat Flour, MaltedBarley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Brown Sugar, Sugar, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Eggs, Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Peppermint Extract (Alcohol (91%), Peppermint Oil), Baking Soda, Salt CONTAINS: WHEAT, MILK, SOY, EGG
Chocolate Mint Half Size Cookie (53g)	250	120	13	8	0	40	120	32	1	21	17	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Brown Sugar, Sugar, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Eggs, Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Peppermint Extract (Alcohol (91%), Peppermint Oil), Baking Soda, Salt CONTAINS: WHEAT, MILK, SOY, EGG
Dillon Cookie (Oatmeal Chocolate Chip Walnut Cookie) (109g)	510	240	27	13	0.5	55	240	63	5	39	38	7	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Walnuts, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, WALNUT, MILK, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Dillon Cookie (Oatmeal Chocolate Chip Walnut Cookie) Half Size (53g)	250	120	13	7	0	30	120	32	2	19	19	4	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Walnuts, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, WALNUT, MILK, EGG
Dillon Cookie No Walnuts (Oatmeal Chocolate Chip Cookie) (109g)	470	200	22	13	0.5	60	140	64	5	40	39	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, MILK, EGG
Dillon Cookie No Walnuts (Oatmeal Chocolate Chip Cookie) Half Size (53g)	250	100	12	7	0	30	125	34	2	21	20	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, MILK, EGG
Flax Cranberry Cookie with Pecans (124g)	360	80	8	1	0	40	370	66	7	40	24	8	Applesauce (Apples, Water), Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Oats, Eggs, Pecans, Flax Seed Meal, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Ground Cinnamon CONTAINS: EGG, PECAN, WHEAT
Flax Cranberry Cookie with Walnuts (123g)	350	70	7	1	0	40	370	66	7	40	24	8	Applesauce (Apples, Water), Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Oats, Eggs, Walnuts, Flax Seed Meal, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Ground Cinnamon CONTAINS: EGG, WALNUT, WHEAT
Ginger Cookie (96g)	430	170	19	1.5	0	30	450	60	1	29	290	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Canola Oil, Molasses, Eggs, Baking Soda, Ground Cinnamon, Ginger Root, Salt, Ground Cloves, Black Pepper CONTAINS: WHEAT, EGG
Ginger Half Size Cookie (48g)	220	90	10	1	0	15	220	30	1	15	14	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Canola Oil, Molasses, Eggs, Baking Soda, Ground Cinnamon, Ginger Root, Salt, Ground Cloves, Black Pepper CONTAINS: WHEAT, EGG
Gluten X Chocolate Chip Cookie (85g)	370	180	21	9	0	40	230	47	2	29	28	4	Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Rice Flour, Brown Sugar, Butter, Walnuts, Sugar, Eggs, Potato Starch, Whole Milk (Milk, Vitamin D3), Stone Ground Tapioca Flour, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Milk, Salt, Xanthan Gum CONTAINS: MILK, WALNUT, EGG
Golden Raisin Cinnamon Chip Pecan Cookie (109g)	500	220	25	12	0.5	55	230	66	4	41	31	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Pecans, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
													CONTAINS: MILK, WHEAT, SOY, PECAN, EGG
Golden Raisin Cinnamon Chip Pecan Half Size Cookie (53g)	250	110	12	6	0	25	115	33	2	20	15	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Pecans, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, SOY, PECAN, EGG
Lime Crunch Cookie (37g)	160	50	6	3.5	0	30	60	25	1	9	7	2	Enriched White Flour (Wheat Flour, MaltedBarley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* (*One Of The B Vitamins)), Butter, Sugar, Eggs, Confectioners Sugar, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Lime Juice, Limes, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: EGG, MILK, WHEAT
Oatmeal Raisin Cookie (108g)	460	160	18	11	0.5	55	240	71	5	44	31	6	Brown Sugar, Butter, Raisins, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, EGG
Oatmeal Raisin Half Size Cookie (53g)	230	80	9	5	0	30	120	35	2	22	16	3	Brown Sugar, Butter, Raisins, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, EGG
Oatmeal Scotchie (109g)	530	220	25	17	0.5	50	230	68	3	47	28	7	Brown Sugar, Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, EGG
Oatmeal Scotchie Half Size Cookie (53g)	260	110	12	8	0	25	115	34	2	24	14	4	Brown Sugar, Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, EGG
Peanut Butter Cookie (101g)	480	250	28	12	0.5	60	400	50	4	31	30	10	Brown Sugar, Peanut Butter (Peanuts, Cane Sugar, Palm Fruit Oil, Salt), Fresh Ground 100% Whole Wheat Flour, Butter, Eggs, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PEANUT, EGG
Peanut Butter Half Size Cookie (50g)	240	120	14	6	0	30	200	25	2	16	15	5	Brown Sugar, Peanut Butter (Peanuts, Cane Sugar, Palm Fruit Oil, Salt), Fresh Ground 100% Whole Wheat Flour, Butter, Eggs, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PEANUT, EGG
Peanut Butter Chocolate Chip Cookie (100g)	470	250	28	13	0	45	310	53	5	36	35	9	Brown Sugar, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Peanut Butter (Peanuts, Cane Sugar, Palm Fruit Oil, Salt), Fresh Ground 100% Whole Wheat Flour, Butter, Eggs, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PEANUT, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Peanut Butter Chocolate Chip Half Size Cookie (50g)	240	130	14	6	0	25	150	26	2	18	18	4	Brown Sugar, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Peanut Butter (Peanuts, Cane Sugar, Palm Fruit Oil, Salt), Fresh Ground 100% Whole Wheat Flour, Butter, Eggs, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, MILK, PEANUT, EGG
Red, White, and Blueberry Cookie with Cranberries Half Size (52g)	240	90	10	6	0	25	115	35	2	22	15	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, SOY, WHEAT
Red, White, and Blueberry Cookie with Cranberries (113g)	500	180	20	12	0.5	55	240	74	4	46	32	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, SOY, WHEAT
Red, White, and Blueberrie Cookie with Cherries Half Size (53g)	240	90	10	6	0	30	120	35	2	22	16	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries, Dried Cherries (Cherries, Sugar, and Sunflower Oil), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, SOY, WHEAT
Red, White and Blueberry Cookie with Cherries (108g)	480	170	20	12	0.5	55	240	70	4	43	31	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Dried Blueberries, Dried Cherries (Cherries, Sugar, and Sunflower Oil), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, SOY, WHEAT
Salted Caramel Cookie (108g)	480	180	20	12	0.5	55	290	70	4	47	29	6	Brown Sugar, Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono- and Diglycerides, ans Soy Lecithin), Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Sea Salt, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, SOY, WHEAT, EGG
Salted Caramel Half Size Cookie (53g)	240	90	10	6	0	30	150	36	2	24	15	3	Brown Sugar, Caramel Bits (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono- and Diglycerides, ans Soy Lecithin), Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Eggs, Water, Sea Salt, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, SOY, WHEAT, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Shortbread Cookies with Blended Flour (40g)	210	100	12	7	0	30	55	23	2	8	7	3	Butter, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Confectioners Sugar, Natural Sugar, Salt CONTAINS: WHEAT, MILK
Shortbread Half Size Cookie with Blended Flour (20g)	100	50	6	3.5	0	15	30	11	1	4	3	1	Butter, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Confectioners Sugar, Natural Sugar, Salt CONTAINS: WHEAT, MILK
Snickerdoodle Cookie (122g)	520	170	19	12	0.5	75	200	83	2	52	52	5	Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Eggs, Ground Cinnamon, Cream of Tartar, Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG
Snickerdoodle Half Size Cookie (61g)	260	80	10	6	0	40	100	42	1	26	26	3	Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Eggs, Ground Cinnamon, Cream of Tartar, Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG
Sugar Cookie with Frosting (142g)	590	170	19	12	0.5	80	220	100	1	70	70	5	Sugar Cookies (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Butter, Eggs, Cream of Tartar, Baking Soda, Salt), White Icing (Confectioners Sugar, Water, Honey, Butter, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: WHEAT, MILK, EGG
Sugar Cookie with Frosting Half Size (71g)	290	90	10	6	0	40	110	50	1	35	35	3	Sugar Cookies (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Butter, Eggs, Cream of Tartar (Cream of Tartar), Baking Soda, Salt), White Icing (Confectioners Sugar, Water, Honey, Butter, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives)) CONTAINS: WHEAT, MILK, EGG
Turtle Cookie Half Size (53g)	260	120	13	7	0	30	125	32	2	19	18	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Pecans, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Caramel Chips (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono- and Diglycerides, ans Soy Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, SOY, WHEAT
Turtle Cookie (113g)	530	240	27	13	0.5	60	260	67	5	42	36	7	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, Pecans, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Caramel Chips (Sugar, Corn Syrup, Liquid Sugar, Skim Milk, Palm Oil, Butter, Salt, Mono- and Diglycerides, ans Soy Lecithin), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, SOY, WHEAT
White Chocolate Cherry Cookie (109g)	490	190	22	13	0.5	60	240	69	4	45	31	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Dried Cherries (Cherries, Sugar, and Sunflower Oil), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, SOY, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
White Chocolate Cherry Half Size Cookie (53g)	240	100	11	6	0	30	120	34	2	23	15	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Dried Cherries (Cherries, Sugar, and Sunflower Oil), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, SOY, EGG
White Chocolate Cranberry Cookie (109g)	480	190	21	13	0.5	60	240	69	4	46	30	6	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, SOY, EGG
White Chocolate Cranberry Half Size Cookie (53g)	240	100	11	6	0	30	120	35	2	23	15	3	Brown Sugar, Butter, Rolled Oats, Fresh Ground 100% Whole Wheat Flour, White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Eggs, Water, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: MILK, WHEAT, SOY, EGG

Muffins

Apple Spice Muffin (153g)	540	260	29	14	1	145	170	61	6	39	36	10	Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Apples, Eggs, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Pecans, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon, Ground Nutmeg, Allspice CONTAINS: WHEAT, EGG, MILK, PECAN
Banana Muffin (161g)	450	120	14	8	0	70	520	73	8	36	24	9	Banana, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Butter, Eggs, Natural Sugar, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: MILK, WHEAT, EGG
Becky's Coconut Muffin with Walnuts (163g)	620	280	31	5	0	90	280	79	3	44	39	10	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Canola Oil, Walnuts, Coconut (Unsulfered Coconut), Coconut Emulsion (Water, Proplyene Glycol, Xantham Gum, and Flavors Approved by the FDA), Salt, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, MILK, EGG, COCONUT, WALNUT

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Becky's Coconut Muffin without Walnuts (163g)	590	220	25	5	0	95	300	83	2	47	42	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Canola Oil, Coconut (Unsulfered Coconut), Coconut Emulsion (Water, Proplyene Glycol, Xantham Gum, and Flavors Approved by the FDA), Salt, Bakig Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, MILK, EGG, COCONUT
Blackberry Bran Muffin (134g)	260	20	2	0.5	0	25	560	60	8	29	24	7	Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Molasses, Blackberries, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Wheat Bran, Honey, Eggs, Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* (*One Of The B Vitamins)), Rolled Oats, Salt, Baking Soda CONTAINS: EGG, WHEAT, MILK
Blueberry Lemon Poppyseed Muffin (169g)	480	130	15	8	0	80	300	75	7	41	36	12	Fresh Ground 100% Whole Wheat Flour, Yogurt (Cultured Grade A Milk (Contains Active Yogurt Cultures Including L. Acidophilus)), Honey, Blueberries, Butter, Brown Sugar, Eggs, Lemon, Poppy Seeds, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, WHEAT, MILK
Cappuccino Chocolate Muffin Blended Flour (115g)	450	210	23	13	0.5	125	140	56	3	37	35	8	Brown Sugar, Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Natural Sugar, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, EGG, MILK
Cappuccino Chocolate Muffin White Flour (120g)	470	210	24	14	0.5	130	150	60	2	39	36	7	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Natural Sugar, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, EGG, MILK
Carrot Muffin (164g)	600	290	32	3	0	80	560	74	5	49	38	9	Carrots, Brown Sugar, Fresh Ground 100% Golden Whole Wheat Flour, Canola Oil, Eggs, Raisins, Walnuts, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Ground Cinnamon, Baking Soda CONTAINS: WHEAT, EGG, WALNUT
Chocolate Brownie Muffin (138g)	500	170	19	5	0	0	420	82	4	50	50	5	Water, Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Canola Oil, Cocoa Powder, Distilled Vinegar, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Chocolate Cherry Muffin (170g)	580	220	24	14	0.5	130	360	82	7	49	35	13	Fresh Ground 100% Golden Whole Wheat Flour, Sugar, Milk, Eggs, Butter, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Dried Cherries (Cherries, Sugar, and Sunflower Oil), Cocoa Powder, Pure Vanill Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: WHEAT, EGG, MILK, SOY
Gluten X Blueberry Muffin (180g)	540	180	20	11	0.5	135	510	84	2	41	26	7	Rice Flour, Sugar, Eggs, Butter, Blueberries, Yogurt (Cultured Grade A Milk (Contains Active Yogurt Cultures Including L. Acidophilus)), Raw Sugar, Potato Starch, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Tapioca Flour, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Poppy Seeds, Milk, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Ginger Root, Xanthan Gum CONTAINS: EGG, MILK; MAY CONTAIN: WHEAT
Lemon Blueberry Ginger Muffin (162g)	480	180	20	9	0.5	75	370	69	7	41	36	10	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Almonds, Pineapple (Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate, Citric Acid), Oranges, Coconut (Unsulfered Coconut), Butter, Salt, Yeast, Ground Cinnamon, Lemon Peel, Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)) CONTAINS: WHEAT, MILK, EGG, ALMOND
Low Fat Pumpkin Muffin (152g)	340	10	1.5	0	0	0	440	82	9	50	22	9	Raisins, Pumpkin, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Fresh Ground 100% Whole Wheat Flour, Honey, Brown Sugar, Egg Whites, Wheat Bran, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Baking Soda, Pumpkin Pie Spice (Spices) CONTAINS: EGG, WHEAT, MILK
Low Fat Raspberry Muffin (158g)	360	70	8	4.5	0	40	380	67	7	35	29	9	Fresh Ground 100% Whole Wheat Flour, Raspberries, Applesauce (Apples, Water), Honey, Brown Sugar, Yogurt (Cultured Grade A Milk (Contains Active Yogurt Cultures Including L. Acidophilus)), Butter, Oat Bran, Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Baking Soda CONTAINS: WHEAT, MILK, EGG
Oatberry Muffin with Blueberries (172g)	420	11027	12	1	0	0	470	71	9	34	27	10	Blueberries, Fresh Ground 100% Whole Wheat Flour, Applesauce (Apples, Water), Honey, Brown Sugar, Egg Whites, Canola Oil, Oat Bran, Oats, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, EGG
Oatberry Muffin with Raspberries (164g)	420	100	12	1	0	0	470	71	8	32	27	11	Fresh Ground 100% Whole Wheat Flour, Raspberries, Applesauce (Apples, Water), Honey, Brown Sugar, Egg Whites, Canola Oil, Oat Bran, Oats, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Peachy Keen Muffin (176g)	480	170	19	9	0.5	80	400	68	6	39	34	10	Sour Cream (Cultured Cream), Peaches (Peaches, Ascorbic Acid, Citric Acid), Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Sugar, Eggs, Butter, Almonds, Rolled Oats, Honey, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Pure Almond Extract (Ethyl Alcohol, Water, and Oil of Bitter Almond), Ginger Root, Cardamom, Ground Nutmeg, Allspice CONTAINS: MILK, WHEAT, EGG, ALMOND
Pumpkin Chocolate Chip Muffin (158g)	560	230	26	4.5	0	60	370	78	3	45	43	7	Pumpkin, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Canola Oil, Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Salt, Ground Cinnamon, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Allspice CONTAINS: WHEAT, EGG
Rhubarb Streusel Blend Muffin (190g)	630	290	33	19	1	210	230	71	5	34	33	5	Rhubarb, Eggs, Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)), Ground Cinnamon CONTAINS: EGG, WHEAT, MILK
Rhubarb Streusel Whole Wheat Muffin (139g)	470	200	22	13	1	130	240	58	5	33	32	9	Rhubarb, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Eggs, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative), Ground Cinnamon CONTAINS: WHEAT, EGG, MILK

Ohs & Rolls

Cinnamon Roll without Frosting (264g)	790	100	11	6	0	60	870	158	9	80	80	17	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Eggs, Butter, Yeast, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG, MILK
Cinnamon Roll with Cream Cheese Frosting (301g)	960	200	22	13	0.5	95	920	173	9	94	93	18	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Honey, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Confectioners Sugar, Eggs, Yeast, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon CONTAINS: WHEAT, MILK, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Chocolate Oh (83g)	290	110	12	7	0	75	270	42	2	29	27	5	Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Confectioners Sugar, Applesauce (Apples, Water), Butter, Cocoa Powder, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Cream of Tartar (Cream of Tartar), Salt, Baking Soda CONTAINS: MILK, WHEAT, EGG
Lemon Cream Roll (80g)	270	110	12	7	0	80	190	38	0	25	24	5	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Fresh Ground 100% Whole Wheat Flour, Raisins, Honey, Almonds, Pineapple (Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate, Citric Acid), Oranges, Coconut (Unsulfered Coconut), Butter, Salt, Yeast, Ground Cinnamon, Lemon Peel, Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)) CONTAINS: MILK, WHEAT, EGG
Pumpkin Oh (78g)	300	140	16	9	0.5	75	200	35	1	28	27	4	Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Confectioners Sugar, Sugar, Pumpkin, Eggs, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Butter, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Ground Nutmeg, Ginger Root CONTAINS: WHEAT, MILK, EGG

Teacakes & Coffe Cakes

Apple Spice Cake Teacake (56g)	200	100	11	5	0	50	60	23	2	15	14	4	Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Apples, Eggs, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Pecans, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Ground Cinnamon, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Nutmeg, Allspice CONTAINS: WHEAT, EGG, MILK, PECAN
Apple Streusel Coffee Cake (56g)	150	50	6	3	0	20	135	24	2	14	11	3	Apples, Fresh Ground 100% Golden Whole Wheat Flour, Brown Sugar, Sour Cream (Cultured Cream), Butter, Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Ground Cinnamon CONTAINS: EGG, MILK, WHEAT
Banana Teacake (56g)	150	40	4.5	2.5	0	25	170	24	3	12	8	3	Banana, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Butter, Eggs, Natural Sugar, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: MILK, WHEAT, EGG
Becky's Coconut Teacake with Walnuts (56g)	210	90	11	2	0	30	95	27	1	15	13	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Canola Oil, Walnuts, Coconut (Unsulfered Coconut), Coconut Emulsion (Water, Proplyene Glycol, Xantham Gum, and Flavors Approved by the FDA), Salt, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, MILK, EGG, COCONUT, WALNUT

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Becky's Coconut Teacake without Walnuts (56g)	200	80	9	2	0	30	105	28	1	16	14	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Canola Oil, Coconut (Unsulfered Coconut), Coconut Emulsion (Water, Proplyene Glycol, Xantham Gum, and Flavors Approved by the FDA), Salt, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, MILK, EGG, COCONUT
Blueberry Lemon Poppyseed Teacake (56g)	150	40	4.5	2.5	0	25	95	23	2	13	11	4	Fresh Ground 100% Whole Wheat Flour, Yogurt (Cultured Grade A Milk (Contains Active Yogurt Cultures Including L. Acidophilus)), Honey, Blueberries, Butter, Brown Sugar, Eggs, Lemon, Poppy Seeds, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, WHEAT
Blue Ribbon Blueberry Coffee Cake (56g)	180	60	7	4	0	25	135	27	2	16	14	3	Brown Sugar, Fresh Ground 100% Golden Whole Wheat Flour, Blueberries, Sour Cream (Cultured Cream), Butter, Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Ground Cinnamon CONTAINS: EGG, MILK, WHEAT
Cappuccino Chocolate Blended Flour Teacake (56g)	220	100	11	6	0	60	70	27	1	18	17	4	Brown Sugar, Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Fresh Ground 100% Whole Wheat Flour, Natural Sugar, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, EGG, MILK
Cappuccino Chocolate White Flour Teacake (56g)	220	100	11	6	0	60	70	28	1	18	17	3	Brown Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Natural Sugar, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate) CONTAINS: WHEAT, EGG, MILK
Carrot Teacake (56g)	200	90	11	1	0	25	180	24	2	16	13	3	Carrots, Brown Sugar, Fresh Ground 100% Golden Whole Wheat Flour, Canola Oil, Eggs, Raisins, Walnuts, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Ground Cinnamon, Baking Soda CONTAINS: EGG, WALNUT, WHEAT
Chocolate Brownie Teacake (56g)	190	60	7	2	0	0	150	30	1	19	18	18	Water, Sugar, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Canola Oil, Cocoa Powder, Distilled Vinegar (White Distilled Vinegar (Diluted with Water to 5% Acidity)), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Chocolate Cherry Teacake (56g)	190	70	8	4.5	0	40	120	27	2	16	12	4	Fresh Ground 100% Golden Whole Wheat Flour, Sugar, Milk, Eggs, Butter, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), White Chocolate Chips (Sugar, Non Fat Milk, Partially Hydrogenated Vegetable Oils (Palm Kernel Oil and Palm Oil), Refined Palm Kernel Oil, Cornstarch, Artificial Flavor, Salt and Soy Lecithin), Dried Cherries (Cherries, Sugar, and Sunflower Oil), Cocoa Powder, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda CONTAINS: EGG, MILK, WHEAT, SOY
Gingerbread Teacake (56g)	180	45	5	3	0	25	130	33	1	18	18	2	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Molasses, Brown Sugar, Water, Butter, Eggs, Salt, Ground Cinnamon, Baking Soda, Ginger Root CONTAINS: EGG, MILK, WHEAT
Hot Buttered Rum Teacake (56g)	200	80	9	5	0	35	125	28	1	19	13	3	Cake (Sour Cream (Cultured Cream), Dried Currants (Zante Currant, Sunflower Oil), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Whole Wheat Flour, Brown Sugar, Sugar, Eggs, Molasses, Butter, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Natural Maple Flavor, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon, Ginger Root, Allspice, Ground Cloves, Black Pepper, Cardamom, Coriander), Icing (Butter, Confectioners Sugar, Brown Sugar, Rum Extract (Alcohol, Water, Rum, Natural Flavor), Ground Nutmeg) CONTAINS: EGG, MILK, WHEAT
Irish Coffee Cake (56g)	190	80	9	5	0	50	120	26	1	14	13	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Eggs, Butter, Sour Cream (Cultured Cream), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Whiskey, Coffee, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives) CONTAINS: EGG, MILK, WHEAT
Kentucky Bourbon Fruit and Nut Teacake (56g)	190	70	7	3	0	25	65	26	3	18	7	3	Fresh Ground 100% Whole Wheat Flour, Bourbon Alcohol (51% straight whiskey, 49% grain neutral spirits), Honey, Dried Apricots (Apricots, Sulfer Dioxide (Added for Color Retension and Preservative)), Butter, Eggs, Golden Raisins (Golden Raisins, Sulfer Dioxide (as a preservative)), Dates, Raisins, Pecans, Apple Juice (Water, Applie Juice Concentrate, Ascorbic Acid (Vitamin C)), Brown Sugar, Walnuts, Ground Nutmeg, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Baking Soda CONTAINS: EGG, MILK, WHEAT
Lemon Blueberry Ginger Teacake (56g)	170	60	7	3	0	25	125	24	2	14	12	3	Sour Cream (Cultured Cream), Blueberries, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Sugar, Eggs, Butter, Almonds, Honey, Rolled Oats, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Lemon Peel, Salt, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ginger Root, Ground Nutmeg, Cardamom CONTAINS: WHEAT, MILK, EGG, ALMOND

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Mexican Teacake (56g)	190	80	9	2	0	25	80	27	1	16	15	3	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Pumpkin, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Canola Oil, Brown Sugar, Pumpkin Seeds, Cocoa Powder, Natural Sugar, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Chili Powder, Ground Cinnamon, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Baking Soda, Paprika, Cayenne Pepper CONTAINS: WHEAT, MILK, EGG
Morning Glory Teacake (56g)	130	30	3	0	0	15	110	24	3	14	9	3	Carrots, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Raisins, Pineapple (Pineapple, Pineapple Juice, Water, Clarified Pineapple Juice Concentrate, Citric Acid), Eggs, Applesauce (Apples, Water), Canola Oil, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Ground Cinnamon, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Ground Nutmeg, Salt, Allspice CONTAINS: EGG, WHEAT
Peachy Keen Teacake (56g)	150	50	6	3	0	25	135	21	2	11	10	3	Sour Cream (Cultured Cream), Peaches (Peaches and Ascorbic Acid and Citric Acid Added to Promote Color Retention), Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Sugar, Eggs, Butter, Almonds, Rolled Oats, Honey, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt, Natural and Artificial Almond Flavoring (Ethyl Alcohol, Water, and Oil of Bitter Almond), Ginger Root, Cardamom, Ground Nutmeg, Allspice CONTAINS: MILK, EGG, ALMOND, WHEAT
Pete's Cranberry Orange Teacake (56g)	200	70	8	2	0	30	180	29	2	16	12	4	Brown Sugar, Fresh Ground 100% Golden Whole Wheat Flour, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Dried Cranberries (Dried Cranberries, Sugar, Sunflower Oil), Orange, Water, Butter, Canola Oil, Walnuts, Baking Soda, Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Rum Extract (Alcohol, Water, Rum, Natural Flavor) CONTAINS: EGG, MILK, WHEAT
Pumpkin Chocolate Chip Teacake (56g)	190	80	9	1.5	0	20	125	27	1	16	15	2	Pumpkin, Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Canola Oil, Eggs, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Salt, Ground Cinnamon, Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives)), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Allspice CONTAINS: WHEAT, EGG
Rhubarb Streusel Teacake (56g)	180	70	8	5	0	50	90	22	2	12	12	4	Rhubarb, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Eggs, Butter, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)), Ground Cinnamon

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
													CONTAINS: WHEAT, EGG, MILK
Whole Wheat Walnut Coffee Cake (133g)	490	200	23	8	0	95	450	63	5	39	37	11	Brown Sugar, Fresh Ground 100% Whole Wheat Flour, Milk, Eggs, Walnuts, Butter, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Ground Cinnamon CONTAINS: EGG, MILK, WALNUT, WHEAT
Zucchini Teacake (56g)	130	30	3	0	0	15	100	23	2	13	9	3	Zucchini, Fresh Ground 100% Whole Wheat Flour, Brown Sugar, Raisins, Eggs, Applesauce (Apples, Water), Canola Oil, Baking Soda, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Ground Cinnamon, Salt, Ground Nutmeg CONTAINS: WHEAT, EGGS

Scones

Almond Poppy Seed Cream Cheese Scone (154g)	590	230	25	14	1	60	610	81	2	33	31	10	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Almonds, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Poppy Seeds, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, ALMOND, EGG
Apple Cream Cheese Scone (168g)	570	200	23	14	1	60	610	83	2	35	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Apples, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3E), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: EGG, MILK, WHEAT
Apple Cinnamon Chip Cream Cheese Scone (162g)	580	210	24	14	1.5	60	720	83	2	36	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Apples, Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate,Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG, SOY

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Blueberry Cream Cheese Scone (164g)	570	200	23	14	1	60	610	82	2	34	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Blueberries, Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG
Blarney Scone (170g)	670	240	27	11	0.5	80	580	98	6	37	18	13	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Raisins, Rolled Oats, Orange Juice, Butter, Brown Sugar, Walnuts, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Orange Peel (Orange Peel, Sodium Sulfite (Added as a Preservative)), Salt CONTAINS: WHEAT, WALNUT, MILK, EGG
Cherry Cream Cheese Scone (170g)	570	200	23	14	1	60	610	83	2	35	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Cherries, Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: EGG, MILK, WHEAT
Chocolate Cherry Cream Cheese Scone (171g)	620	230	26	16	1	60	610	89	3	40	37	10	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Eggs, Dried Cherries (Cherries, Sugar, and Sunflower Oil), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG
Chocolate Chip Hazelnut Scone (163g)	650	260	30	15	0.5	85	550	90	3	44	42	11	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Eggs, Hazelnuts, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
													CONTAINS: EGG, MILK, WHEAT
Cinnamon Chip Cream Cheese Scone (156g)	590	220	25	14	2	60	720	84	2	36	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Cinnamon Chips (Sugar, Palm Oil, Cinnamon, Nonfat Dry Milk, and Soy Lecithin (an Emulsifier)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG, SOY
Maple Oatmeal Scone (182g)	740	280	32	16	1	80	540	104	3	50	44	11	Maple Oatmeal Scone (Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Brown Sugar, Butter, Rolled Oats, Pecans, Eggs, Natural Maple Flavor, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt, Baking Soda, Ground Cinnamon, Ground Nutmeg), Maple Oatmeal Scone Frosting (Confectioners Sugar, Butter, Natural Maple Flavor, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives)) CONTAINS: EGG, MILK, WHEAT
Marionberry Cream Cheese Scone (165g)	570	200	23	14	1	60	610	83	3	34	31	10	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Marionberries, Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: EGG, MILK, WHEAT
Mixed Berry Cream Cheese Scone (169g)	570	200	23	14	1	60	610	81	2	34	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Mixed Berries (Strawberries, Blueberries, Blackberries, and Red Raspberries), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG
Peach Cream Cheese Scone (175g)	570	200	23	14	1	60	610	82	2	34	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Peaches, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Raspberry Cream Cheese Scone (159g)	560	200	23	14	1	60	610	81	2	33	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Raspberries, Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: EGG, MILK, WHEAT
Rhubarb Cream Cheese Scone (161g)	560	200	23	14	1	60	610	81	2	33	31	9	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Brown Sugar, Rhubarb, Cream Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Stabilizers (Carob Bean and/or Xantham and/or Guar Gums)), Butter, Cultured Buttermilk (Cultured Lowfat Milk, Sodium Citrate, Salt, Vitamin A, Palmitate, Vitamin D3), Eggs, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt CONTAINS: WHEAT, MILK, EGG

Bars, Brownies, Cookies, Scones, Teacakes, Etc.	Calories	Calories from Fat	Fat (g)	Sat. Fat (g)	Trans Fats (g)	Chol. (mg)	Sodium (mg)	Carb. (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Ingredients used in Dillon, MT
Biscotti													
Brown Sugar Oat Biscotti (66g)	290	80	9	4.5	0	50	320	46	2	16	15	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Rolled Oats, Brown Sugar, Eggs, Butter, Sugar, Natural Sugar, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Soda, Salt, Ground Cinnamon CONTAINS: WHEAT, EGG, MILK
Butterscotch Biscotti (67g)	300	80	9	4.5	0	65	260	49	1	25	18	6	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Sugar, Eggs, Butterscotch Chips (Sugar, Palm Kernel and Palm Oils, Whey, Nonfat Milk, Natural Flavor, Added Color, Sunflower Lecithin and Vanilla), Butter, Almonds, Natural Sugar, Bourbon Alcohol (51% straight whiskey, 49% grain neutral spirits), Baking Soda, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, EGG, MILK, ALMOND
Chocolate Chocolate Chip Biscotti (55g)	240	90	11	3	0	55	180	34	4	16	15	7	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Almonds, Sugar, Chocolate Chips (Semisweet Chocolate (Sugar, Unsweetened Chocolate, Cocoa Butter, Dextrose) and Sunflower Lecithin), Confectioners Sugar, Cocoa Powder, Brown Sugar, Butter, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Salt CONTAINS: WHEAT, ALMOND, MILK, EGG
Orange Almond Biscotti (64g)	280	80	9	3.5	0	45	110	44	3	22	15	5	Sugar, Cornmeal (Degerminated Yellow Corn Meal, Niacin*, Reduced Iron, Thiamin Mononitrate*, Riboflavin, Folicacid* (*One Of The B Vitamins)), Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Dates, Eggs, Almonds, Butter, Confectioners Sugar, Orange Extract (Alcohol, Water, Oil from Orange), Salt, Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Anise Seed CONTAINS: EGG, MILK, WHEAT
Vanilla Almond Biscotti (65g)	270	80	9	2	0	55	160	41	2	19	18	7	Enriched White Flour (Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Eggs, Almonds, Sugar, Honey, Confectioners Sugar, Butter, Pure Vanilla Extract (Water, Alcohol (35%), Organic Vanilla Bean Extractives), Baking Powder (Corn Starch, Sodium Bicarbonate, Sodium Aluminum Sulfate, Monocalcium Phosphate), Salt CONTAINS: WHEAT, EGG, ALMOND, MILK