GFS Item#: 710650 **Desc:** **BREAD WHE SLCD 12-22Z GFS**

Item#: -1000048321 **Desc:** AP, Bread Wheat, Slcd

Manufacturer: **Manufacturer Item Code:**

Nutrition Information

Serving Size: 1 SLICE (28 grams)

Amount Per Serving	
Calories: 60	Calories from Fat: 5

		% Daily Value*
Total Fat:	0.5 GM	1%
Saturated Fat:	0 GM	0%
Trans Fat:	0 GM	
Polyunsaturated Fat:	NA	NA
Monounsaturated Fat:	NA	NA
Cholesterol:	0 MG	0%
Sodium:	135 MG	6%
Potassium:	NA	NA
Total Carbohydrate:	12 GM	4%
Dietary Fiber:	1 GM	4%
Sugars:	1 GM	
Protein:	2 GM	4%

Vitamin A: 0%	Vitamin C: 0%
Calcium: 2%	Iron: 4%

Ingredients:
Wheat flour, water, whole grain wheat flour, high fructose corn syrup, yeast, wheat gluten, soybean oil, salt, monoglycerides, yeast nutrients (calcium sulfate, monocalcium phosphate, ammonium sulfate), caramel color, sodium stearoyl lactylate, malted barley flour, calcium propionate (a mold inhibitor), enrichment [ferrous sulfate (iron), thiamine hydrochloride (B1), riboflavin (B2), niacin (B3), folic acid]. COMMON ALLERGENS PRESENT: Wheat, Soy. Nutrition and Ingredient statement updated November 2009. 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.

Fat Soluble Vitamins

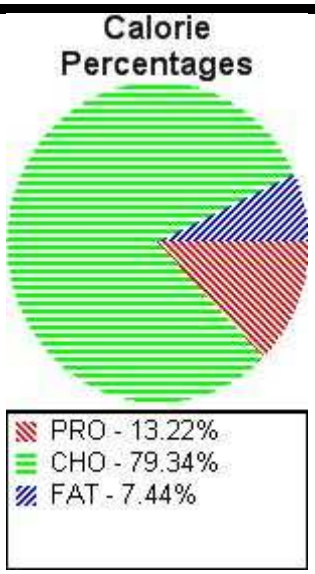
VITAMIN D(iu)	NA
VITAMIN E	NA
VITAMIN K	NA
VITAMIN A(iu)	0 IU
VITAMIN A(re)	NA

Water Soluble Vitamins

THIAMIN	NA
RIBOFLAVIN	NA
NIACIN	NA
VITAMIN B-6	NA
VITAMIN B-12	NA
VITAMIN C, TOTAL ASCORBIC ACID	0 MG
FOLIC ACID	NA

Minerals

PHOSPHOROUS	NA
ZINC	NA
MAGNESIUM	NA
COPPER	NA
IRON	0.72 MG
CALCIUM	20.00 MG

School Equivalents

Serving Size:	
Meat Quantity:	NA
Bread Quantity:	NA
Fruit/Veg Quantity:	NA