

Healthy Choices from Buzz Strong's Bakery.

New for 2012

Whole Grain, 150 calorie, 1.5 oz Chocolate Chip Cookie



Nutrition Facts	Amount/serving		%DV*	
	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 Cookie (43g) Servings Per package 1	Total Fat 4g	7%	Total Carb. 27g	9%
	Sat Fat 1g	4%	Dietary Fiber 4g	15%
	Trans Fat 0g		Sugars 11g	
Calories 150 Fat Cal. 40	Cholest. 10mg	4%	Protein 3g	6%
	Sodium 140 mg	6%		
* Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 4% • Niacin 2%		

INGREDIENTS: WHOLE WHEAT FLOUR(STONE GROUND), CHOCOLATE CHIPS(SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, VANILLA, LECITHIN), UNBLEACHED PASTRY FLOUR, BROWN SUGAR, RAISIN PASTE BROWN RICE SYRUP, INULIN (CHICORY ROOT), CANOLA OIL, EGGS, WHEY PROTEIN CONCENTRATE, SEA SALT, BAKING SODA, NATURAL FLAVOR.

Case Number 54119 12 months shelf life

Chocolate Chip Cookie 2 oz



Nutrition Facts	Amount/serving		%DV*	
	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 Cookie (57g) Servings Per package 1	Total Fat 6g	9%	Total Carb. 35g	12%
	Sat Fat 2g	9%	Fiber 4g	14%
	Trans Fat 0g		Sugars 14g	
Calories 190 Fat Cal. 50	Cholest. 0mg	0%	Protein 4g	8%
	Sodium 200 mg	8%		
* Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 10% • Niacin 4%		

INGREDIENTS: UNBLEACHED PASTRY FLOUR, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), BROWN SUGAR, RAISIN PASTE, EGG WHITES, BROWN RICE SYRUP, CHICORY ROOT, CANOLA OIL, EVAPORATED CANE JUICE, WHEY PROTEIN CONCENTRATE, BAKING SODA, SEA SALT AND NATURAL FLAVORS.

Case Number 34119 12 months shelf life

Mint Chocolate Chip Cookie 2 oz



Nutrition Facts	Amount/serving		%DV*	
	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 Cookie (57g) Servings Per package 1	Total Fat 6g	9%	Total Carb. 37g	12%
	Sat Fat 2g	9%	Fiber 4g	16%
	Trans Fat 0g		Sugars 17 g	
Calories 200 Fat Cal. 60	Cholest. 15mg	5%	Protein 4g	8%
	Sodium 200 mg	11%		
* Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 10% • Niacin 4%		

INGREDIENTS: UNBLEACHED PASTRY FLOUR, CHOCOLATE CHIPS (SUGAR, CHOCOLATE LIQUOR, COCOA BUTTER, SOY LECITHIN, VANILLA), BROWN SUGAR, RAISIN PASTE, EGG WHITES, BROWN RICE SYRUP, CHICORY ROOT, CANOLA OIL, EVAPORATED CANE JUICE, WHEY PROTEIN CONCENTRATE, MINT FLAVOR, BAKING SODA AND SEA SALT.

Case Number 34115 12 months shelf life

Peanut Butter Cookie 2 oz



Nutrition Facts	Amount/serving		%DV*	
	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 Cookie (57g) Servings Per package 1	Total Fat 6g	11%	Total Carb. 32g	11%
	Sat Fat 1.5g	6%	Fiber 3g	12%
	Trans Fat 0g		Sugars 14g	
Calories 200 Fat Cal. 60	Cholest. 15mg	6%	Protein 5g	12%
	Sodium 200mg	8%		
* Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 10% • Niacin 10%		

INGREDIENTS: UNBLEACHED PASTRY FLOUR, SUGAR, PEANUT BUTTER (PEANUTS, SALT), EGGS, CHICORY ROOT, CANOLA OIL, EGG WHITES, WHEY PROTEIN CONCENTRATE, SALT, BAKING SODA AND NATURAL FLAVOR.

Case Number 34118 12 months shelf life

Oatmeal Raisin Cookie 2 oz



Nutrition Facts	Amount/serving		%DV*	
	Amount/serving	%DV*	Amount/serving	%DV*
Serv. Size 1 Cookie (57g) Servings Per package 1	Total Fat 4g	6%	Total Carb. 34g	11%
	Sat Fat 0g	0%	Fiber 4g	15%
	Trans Fat 0g		Sugars 13g	
Calories 170 Fat Cal. 35	Cholest. 0mg	0%	Protein 4g	8%
	Sodium 190mg	8%		
* Percent Daily Values are based on a 2,000 calorie diet.		Vitamin A 0% • Vitamin C 0% • Calcium 2% • Iron 8% • Niacin 10%		

INGREDIENTS: UNBLEACHED PASTRY FLOUR, RAISINS, ROLLED OATS, BROWN SUGAR, BROWN RICE SYRUP, EGG WHITES, CANOLA OIL, RAISIN PASTE, CHICORY ROOT, EVAPORATED CANE JUICE, WHEY PROTEIN CONCENTRATE, NATURAL FLAVORS, SEA SALT, BAKING SODA AND CINNAMON.

Case Number 34117 12 months shelf life

Allergy Information: These products are made on equipment that processes peanuts and tree nuts. These cookies meet and exceed Nationally Established School Nutrition Guidelines.

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