

# JCC CAMPS AT MEDFORD

## NUTRITIONAL INFORMATION –BREAD & ROLLS

**VENDOR: Pechters Bakery**

Note: Bread and rolls are baked in ovens used for making items that may contain nut products. Items may contain soybean and or sesame seeds.

**PRODUCT: Pechters White Bread**

<b>Nutrition Facts</b>	
Serving Size 2 Slices (48g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	Calories from Fat 10
<b>% Daily Value</b>	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 260mg	11%
<b>Total Carbohydrate</b> 27g	9%
Dietary Fiber less than 1g	3%
Sugars 3g	
<b>Protein</b> 4g	

**INGREDIENTS:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Salt, Soybean Oil, Calcium Sulfate, Mono and Diglycerides, Calcium Propionate (A Preservative), Sodium Stearoyl Lactylate, Guar Gum, Datem, Ammonium Sulfate, Enzymes, Ascorbic Acid (Dough Conditioner), Azodicarbonamide.

Contains: Wheat and Soy.

**PRODUCT: Pechters Wheat Bread**

<b>Nutrition Facts</b>	
Serving Size 2 Slices (48g)	
<b>Amount Per Serving</b>	
<b>Calories</b> 120	Calories from Fat 10
<b>% Daily Value</b>	
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 240mg	10%
<b>Total Carbohydrate</b> 24g	8%
Dietary Fiber 2g	7%
Sugars 2g	
<b>Protein</b> 5g	

**INGREDIENTS:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Whole Wheat Flour, High Fructose Corn Syrup, Wheat Gluten, Contains 2% or less of the following: Yeast, Salt, Wheat Bran Flakes, Soybean Oil, Calcium Sulfate, Mono and Diglycerides, Caramel Color, Sodium Stearoyl Lactylate, Calcium Propionate (A Preservative), Guar Gum, Datem, Ammonium Sulfate, Enzymes, Ascorbic Acid (Dough Conditioner), Azodicarbonamide.

Contains: Wheat and Soy.

**PRODUCT: Pechters Hot Dog Rolls**

**Nutrition Facts**

Serving Size: 1 Roll  
Calories: 120  
Calories from Fat: 15  
Total Fat: 1.5g  
Saturated Fat: 0g  
Transfat: 0g  
Cholesterol: 0mg  
Sodium: 250mg  
Total Carbohydrate: 23g  
Dietary Fiber: <1g  
Sugars: 3g  
Protein: 4g

**INGREDIENTS:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, High Fructose Corn Syrup, Yeast, Soybean Oil, Contains 2% or less of the following: Salt, Monoglycerides, Calcium Sulfate, Calcium Propionate (A Preservative), Sodium Stearoyl Lactylate, Guar Gum, Datem, Enzymes, Ascorbic Acid (Dough Conditioner), Azodicarbonamide.

Contains: Wheat and Soy

**PRODUCT: Pechters Whole Wheat Hamburger Buns**

**Nutrition Facts**

Serving Size: 1 Bun  
Calories: 110  
Calories from Fat: 20  
Total Fat: 2g  
Saturated Fat: .5g  
Transfat: 0g  
Cholesterol: 0mg  
Sodium: 230mg  
Total Carbohydrate: 20g  
Dietary Fiber: 3g  
Sugars: 3g  
Protein: 5g

**INGREDIENTS:** Whole Wheat Flour, Water, High Fructose Corn Syrup, Wheat Gluten, Soybean Oil, Contains 2% or less of the following: Salt, Yeast, Calcium Propionate and Citric Acid (Preservatives), Sodium Stearoyl Lactylate, Calcium Sulfate, Mono and Diglycerides, Caramel Color, Mineral Oil, Wheat Starch, Ascorbic Acid (Dough Conditioner), Azodicarbonamide, Datem, Enzymes.

Contains: Wheat and Soy.

**PRODUCT: Pechters Rye Bread**

<b>Nutrition Facts</b>	
Serving Size 1 Slice (32g)	
Serving Per Container 14	
<b>Amount Per Serving</b>	
<b>Calories</b> 90	Calories from Fat 10
<b>% Daily Value</b>	
<b>Total Fat</b> 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 250mg	10%
<b>Potassium</b> 60mg	2%
<b>Total Carbohydrate</b> 18g	6%
Dietary Fiber 1g	5%
Sugars 1g	
<b>Protein</b> 3g	

**INGREDIENTS:** Enriched Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, White Rye Flour, Degerminated Yellow Corn Meal, High Fructose Corn Syrup, Yeast, Contains 2% or less of the following: Salt, Soybean Oil, Caraway Seeds, Rye Flour, Ground Caraway Seeds, Yellow Corn Flour, Calcium Propionate and Sodium Propionate (Preservatives), Caramel Color, Mono and Diglycerides, Acetic Acid, Malic Acid, Ammonium Sulfate, Monocalcium Phosphate, Ethoxylated Mono and Diglycerides, Lactic Acid, Calcium Carbonate, Polysorbate 60, Calcium Sulfate, Ascorbic Acid (Dough Conditioner), Microcrystalline Cellulose, Natural and Artificial Flavors, Azodicarbonamide, Enzymes, Propionic Acid, Sodium Chloride, Phosphoric Acid, Magnesium Stearate.

Contains: Wheat and Soy.